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EVERY MAN HIS OWN DOCTOR,

OR

THE COLD WATER CURE,

BY

JAMES CLARKSON.

“WATER IS EARTH’S NOBLEST BOON.”

WORTLEY :

PRINTED AND SOLD BY JOSEPH BARKER.

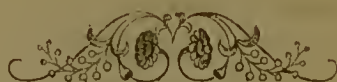
MDCCCXLVII.

PRINTED BY J. BARKER, WORTLEY NEAR LEEDS.

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PREFACE.

"Discover what will destroy life, and you are a great man,— what will prolong it, and you are an impostor. Discover some invention in machinery that will make the rich more rich, and the poor more poor, and they will build you a statue. Discover some mystery in art that would equalize physical disparities, and they will pull down their houses to stone you."—BULWER,

My object in publishing this work is to call attention to the Water Cure, being fully aware that a great portion of the inhabitants of this country have not heard of the wonderful cures that have been effected by the application of cold water only. Having studied the Water Cure for some time, and experienced its beneficial effects on myself, I have come to the determination to devote my time to this practice at present till a better knowledge of it is obtained by the masses of the people. For the last three months I have, by the application of cold water alone, cured a number of persons of all kinds of fevers and chronic diseases. If these cases and treatment were stated, it would take up most of this work. I have stated a few of these cases to encourage the reader, and dispel the doubts that may hang on his mind with respect to the virtues of water. I have stated my own case at the outset, with a few others that I have treated, to show the reader more particularly how to proceed in such like diseases.

It is, no doubt, highly satisfactory to those who wish well to Hydropathy, to find that works have already been written, confirming what I humbly advocate, by Dr. Johnson, Dr. J. Weiss, Dr. Courtney, Dr. Wilson, Mr. Wright, Capt. R. T. Claridge, and others, and that several establishments are in full operation in this country, where cures are constantly effected upon invalids, who have appealed to drugs in vain. But these books and establishments are so very dear, that it is out of the power of the working class to purchase the former, or go to the latter to be

cured of their diseases. It is this that has caused me to begin the practice of Hydropathy, knowing that a great many of the diseases can be cured at the patient's own house, as I have proved to the public this last three months.

With the large amount of evidence produced in this neighbourhood during the last few months in favour of the Hydropathic treatment, promising, as it does, to reduce the amount of misery, and increase the quantum of health, the unpractised in this world's ways might have supposed that our medical men would have been glad to have availed themselves of the system; but it is matter for regret that the majority of them, without knowing any thing more of this system than a blind man does of colours, affect to laugh at it, and are out of humour with all who are interested in giving it publicity. Nay, more, they are determined to prosecute me if they can, for curing certain individuals which they had given up as incurable.*

In order to extend the sphere and utility of this work, it has been my chief endeavour to render myself intelligible to the working class, that the treatment by water may be safely introduced into domestic use, and exert its beneficial influence where the assistance of an Hydropathic establishment or Practitioner is not to be obtained. I have written this work for the benefit of the public generally, and if some few critics mistake my intentions, and subject the deficiencies they may detect to ridicule, I shall oppose them with silent contempt, and shall endeavour to imitate the laudable conduct and silence of Mr. Priessnitz, of whose admirable system I own myself a zealous follower.

I have selected a few cases of persons cured by Mr. Priessnitz, to show the wonderful talent of that great man in curing diseases. They were selected by eye-witnesses on the spot.

If any profit should arise from the sale of this work, it shall be devoted to the great cause in which I am now engaged. My motto is,

"Advice and attendance gratis to the poor who cannot pay."

JAS. CLARKSON.

Shotley Bridge, January 4th, 1847.

* This they have since done, as the reader will see at the close of this work.

EVERY MAN HIS OWN DOCTOR,
OR
THE COLD WATER CURE.

THE AUTHOR'S CASE.

On the 25th of August, 1846, I was taken very ill in the morning with sickness and purging. Towards night I felt cold shivers come over me. I could not keep myself warm either in bed or by the fire. I soon became convinced that it was an attack of Scarlet Fever, and having a knowledge of the beneficial influence of the Water Cure in such cases, I was determined to lose no time in applying it. About five o'clock the same day, I was packed up in the wet sheet twice, half an hour each time, and then washed down in cold water, well dried with a soft towel, dressed, and then walked about a mile. I had not been in the first sheet very long before I felt greatly relieved; but by the next morning the fever had become much stronger, and I was packed in four wet sheets that day, and I drank a quantity of cold water while in the sheets. The third day I was packed in six sheets, two in the morning, two at noon, and two at night, and was washed down as before. The fourth day I was packed in ten; four in the morning, and six in the afternoon and night, and went through the same process of washing with cold water. After this I felt the fever completely subdued. The next day I took two more sheets, after which I ate a little food, and from that time recovered very fast. All the time I was under-

going this process, I wore a bandage round my chest, that is, a piece of coarse linen, fifteen inches broad, nine or ten feet long, with strings sewed to one end to make it fast, one-third dipped in cold water and wrung out, then the wet part put next the skin, and the dry wound over it, keeping the damp part all covered. I may here state that the patient should have water frequently administered to him whilst in the envelopment, or even when he is not in the sheet for it greatly aids the eruption of the skin, and tends to keep the bowels regular. The eruption showed itself well the third or fourth sheet that I was encased in. Though the attack was very severe, I was through this treatment enabled to resume my labours in a few days. So fully am I convinced of the beneficial influence of cold water in cases of all kinds of fever, when properly applied, that I am persuaded that nine hundred and ninety-nine cases out of every thousand may be saved, instead of which we see nine cases out of ten lost where fever is violent, and nothing but medicine is applied. The patient has to lie burnt up with internal heat, and, tossing from side to side, finds no rest ; but as soon as put in the wet sheet, he finds immediate relief, and frequently falls asleep, and does not awake till taken out, so soothing is the effect of this treatment.

MR. WILLIAM WEIGHTMAN'S CASE.

Mr. Weightman, Farmer, living at High Conside Farm, Conside Iron-works, was very much out of health for ten weeks or more. He sought relief from medicine, but found none ; for after having medical advice for three

weeks, he grew weaker,—so weak, that at the time he was put under the water treatment, he was not able to walk twenty yards without assistance. His disease was on the stomach. After he had taken food, his stomach and bowels were swelled for some hours ; his appetite failed him, and a complete prostration of strength was the effect. In this state I found him, having been confined to his bed for three weeks. His treatment was as follows :—a bandage eighteen inches broad and nine or ten feet long, a third part dipped in cold water, wrung well out, the wet end wound round the waist, and the dry covering it, and changing it, that is, wetting it again, every four or five hours. He was ordered to wash his chest and bowels every morning and evening with cold water, and to drink ten or twelve glasses of water through the day, minding always to drink two before breakfast, and take exercise as much as his strength would allow. After following this treatment for three days, he was able to walk out into the fields among his stock, and in a few more days was quite well. It is now about three months since he was under the Water Cure. I have seen him frequently since that time, and he told me last night he had never enjoyed better health in any former part of his life. He also told me, that he weighs three stones heavier now than he did previous to his commencement with the Water Cure. So great is the advantage of Hydropathy over that of drugs.

MR. EDWARD WEIGHTMAN'S CASE.

Mr. E. Weightman, brother to the above, and living in the same house, was labouring under a severe attack of

Typhus Fever, at the same time that his brother was under the water treatment, and seeing his brother receive so much benefit from it, he was induced to try it for himself. The same doctor that attended his brother, attended him for nine or ten days. At the end of this time he was growing much worse ; his tongue was quite black and swollen ; his speech was nearly gone ; it was with great difficulty that he could articulate a word. He was at times delirious, and many other bad symptoms appeared upon him. It was in this state that I found him on the tenth day of the disease.

The treatment that I prescribed for him was as follows : he was packed up in the wet sheet for half an hour, then washed all over with cold water. But in an hour's time the fever was as strong as ever. He then was put in two sheets, half an hour each, and washed down as before. He then rested for three or four hours, when the fever returned. He was now packed in the envelope three times, and washed in cold water as above. This was the treatment for three days. When the fever came on, he was packed in the wet sheet two or three times, according to the strength of the fever, and then bathed. After coming out of the bath, he was put into a clean bed, and lightly covered. While undergoing this treatment he wore a bandage round his stomach, when not packed in the wet sheet as described in the above case, and drank a quantity of cold water. At the end of the third day the fever was quite gone. He then began to take some light food, and recovered very fast, for on the fifth day of the treatment he was able to walk out of doors. I have no doubt but this man owes the preservation of his life to the Water Cure, for at that time the doctors were losing nineteen

cases out of twenty in fevers. While I was treating the above case, another brother, Robert Weightman, living in the same house, took the Typhus Fever. Though it showed itself in a very different form from that of his brother, yet he was successfully treated with cold water, and is now in excellent health.

The treatment in all fevers must be guided by the degree of heat (or fever) present, and by its character. The more violent the inflammatory symptoms, the oftener the wet sheets and the baths should be repeated. In the first stage we have only to regulate the fever, and prevent determinations to individual parts. Cold bandages will be the surest remedies to combat congestions of the head or chest; they should therefore be applied during the first stage without further consideration.

Although the Hydropathist has but one remedy at his command, he will, by cold water, in the form of wet sheets, bandages, and baths, effect more towards a diminution of the heat and fever, than any other Practitioner, let his therapeutic agents be ever so varied.

JAMES WEATHERALD'S CASE.

James Weatherald, living at No. 40, New Black Hill, was severely afflicted with a disease of the stomach. He had been under medical treatment six weeks before I took him in hands, but without the slightest benefit, for the first day I saw him he was not able to walk across the floor without help. His appetite was greatly impaired, so much so, that he did not take one ounce of food in a day. A cup of tea was the most that he took, and that frequently

would not stay on his stomach. He had a bad cough, and his strength was rapidly on the decline. His treatment was as follows : he took two wet sheets every day, one in the morning at six o'clock, in which he lay an hour, then had a cold bath for two minutes, or was well washed down with a cloth in a common washing tub. He went through the same process at four o'clock in the afternoon. He took exercise after each sheet and bath as much as he was able. Though at the first he was not able to walk ten yards without assistance, but after going through this process three days he was able to walk a mile with the greatest ease. He also gave up drinking tea and coffee, in accordance with my wish, and took nothing but substantial food, and drank cold water. After persevering with this treatment fourteen days, he was able to resume his employment.

He wore a bandage round his chest night and day, except when in the sheet. It was changed three or four times a day. He continued to wear this bandage after he resumed his labour for a week, when a crisis appeared in the form of boils on the hands, thighs, and other parts of the body ; but they soon went away, and since then he has enjoyed better health than he has done for years back. If he takes cold, as he often does, being much exposed, he has a remedy always at hand that can cure him in a few hours without much trouble : that is, take a bath, put on a heating bandage, and drink plentifully of cold water. While this same J. Weatherald was under the water treatment, three of his children took the scarlet fever. They also were treat with cold water, and in three days the fever was subdued, and in a week they were all well.

Before these children got well, his eldest son, a fine robust boy about six years of age, was taken with a severe

attack of croup. They sent for me in great haste one Sunday night in November, 1846. When I arrived at the house I found him lying on his back, with his head inclined backwards. His respiration was accompanied by a loud rattling sound; his countenance was pale, the eyes prominent, the pulse small and thready. He had nearly lost his speech, and altogether he was in a bad condition.

Water was immediately procured, and preparations made for a cold affusion, which was performed at nine o'clock, P. M. Immediately after the affusion, which was directed to the neck chiefly, I had the patient wrapped in a wet sheet, and bandages applied to his throat. Nausea and cough, followed by vomiting, were brought on immediately; a quantity of mucus, and a small portion of false membrane were ejected, whereupon the patient breathed more freely and fell asleep. Towards the evening of the second day slight difficulty of breathing again came on. Affusion and the envelopment were again resorted to. About an hour after the latter, perspiration ensued, accompanied by considerable alleviation of the symptoms, although not attended with vomiting of false membrane. The boy passed the third day more comfortably; he breathed with more freedom, and expressed a desire for food. My residence being at some distance, I left the order that the boy should be wrapped twice daily in a wet sheet for an hour, and washed on the cessation of perspiration with tepid water,—that bandages to the throat should be continued, and the patient drink cold water plentifully. On the eighth day a crisis appeared in the form of Diarrhoea and continued for three or four days; after which the boy got perfectly well.

JOHN HARRIS'S CASE.

John Harris, No. 11, Furnace-Row, Conside Iron-Works, was afflicted nine weeks with a disease of the lungs; he consulted different medical men, but to no purpose; and growing worse every day, he at last determined to try the Hydropathic treatment. In sixteen days he was restored to health, and was able to resume his employment. The process that he went through, and which restored him to perfect health, was as follows:

He wore a heating bandage on his chest for two or three days; after that he was packed up in the wet sheet twice every day for an hour, and washed with cold water all over, after coming out of each sheet. He took one sheet in the morning at seven, and another in the afternoon at four o'clock. He had a violent cough, with spitting: he eat very little food, and the little that he did eat, frequently came back. When he had been under the treatment a week, his appetite became as good as at any period of his life, and he now enjoys good health.

A DESCRIPTION OF THE VARIOUS BATHS IN USE AT
GRAEFENBERG, BY H. C. WRIGHT AND OTHERS.

Cold water is employed externally in many ways. The baths are either entire or partial; the latter are divided into half baths, sitting baths, and foot baths; the most limited baths are those which are only applied to parts afflicted: afterwards comes the application of wet sheets, and then the douche and washing.

The entire or public bath at Graefenberg is about thirty feet in circumference, and sufficiently deep for a man of

the ordinary height to plunge into up to his neck. The water is constantly renewed by springs in the mountains, the waters of which are conveyed through pipes into the bath, and escape by an opening for that purpose, so that no impurities may remain; besides which the bath is emptied and cleaned twice a day: but this remark applies to Graefenberg only, as at Freiwaldau, with but few exceptions, the houses are supplied with portable baths. We have already shown that the immersion of the body covered with sweat, into cold water, is exempt from danger, provided the organs of perspiration are in a state of repose. The risk which is incurred of catching cold, if, on arriving at a river to bathe, we remain until the body is cold and dry, cannot possibly exist in this case; as we thereby abstract from the body the heat which it requires to produce re-action, and thus lose the good effect of bathing. Then if we walk fast or a long distance to the bath, it is requisite to repose a little in order to tranquillize the lungs, after which we must undress quickly, and plunge head-foremost into the water, having first wetted the head and chest to prevent the blood mounting to those regions. This precaution is strongly enforced at Graefenberg. During the bath the head ought to be immersed several times into the water. Great care is requisite in not exposing the body, between throwing aside the blanket after sweating, and entering into the bath. It is highly advantageous to keep in movement in the bath, and to rub with the hands any parts afflicted. The skin is thus stimulated, and the sensation of cold abated. People whose chests are affected, must exercise moderation in the use of the bath, entering it only by degrees, and not staying in it too long. In general, the time for remaining in the bath is governed by

the coldness of the water, and the vital heat of the bather ; but no general rule can be adopted with respect to this. At Graefenberg, where the temperature of the water is from forty-three to fifty degrees, no one stays longer in the bath than from six to eight minutes, many only two or three. On leaving the bath, which is found more refreshing than any one can imagine who has not experienced its effects, you are covered with a sheet, over that a cloak is thrown, and thus you go to your room where the whole body is dried ; then you must dress quickly, and walk to keep up the warmth. To effect this by the heat of stoves or beds would be acting in direct opposition to the treatment. A glass or two of water should be taken immediately after the bath, and another or two whilst walking. It is worthy of special notice, says H. C. Wright, that Priessnitz never orders the rubbing to be done with brushes, flannels, or [even linen towels. He never applies flannels and brushes to the skin for any purpose ; linen is used only for the purpose of wiping the patient dry, and even in this process the rubbing should be gentle. Priessnitz wishes to have the skin kept as smooth and soft as possible. He recommends that the hand only should be used ; and it is not possible to be long under his treatment, and to enjoy the delicious sensations resulting from a clear, smooth, soft skin, the almost invariable result of the cure, without being convinced of the correctness of his practice in this respect.

THE HALF BATH.

These baths may be taken in any vessel large enough for the patient to sit ; they are only taken in cases where

the whole bath would be too much for the strength of the invalid, who may require to be bathed for a longer time in order to excite the morbid humours. The water in these half baths is only about three to six inches deep. When it is necessary that the invalid should have the advantage of an entire bath, the attendant should wash the head and body with the water of the bath. The half bath is frequently taken by the patient immediately after he has been confined in the wet sheet. It is accompanied by a general sprinkling of the body with cold water and rubbing. The whole time the patient is in these baths, he should continually rub himself with the water contained in the bath, extending the friction to the parts above and under the water, that he may not take cold. The temperature of the water of these baths should never be lower than sixty degrees, that is, with the chill off.

FOOT BATH.

The foot bath is employed almost exclusively as a counteracting agent against the pains of the upper part of the body. Priessnitz prescribes these baths for precisely the same purposes that the doctors order warm ones; yet every one knows that the feet after a warm bath become cold, and then the re-action is upwards, whilst on the contrary, after a cold bath the feet become warm, and the re-action is downwards. If we place our feet in warm water, on taking them out, they of course become cold; on the contrary, place them in cold water, and they will be found, on being taken out, after exercise, to become warm. People with cold feet may try this, without the slightest

fear of catching cold in the operation. Head-ache and tooth-ache, whatever may be their causes, particularly those that are of a violent nature, inflammation of the eyes and a flux of blood to the head, are almost always relieved by the means of the foot bath. The tub or basin in which these foot baths are taken, ought only to contain water from two to three inches deep, or just enough to cover the toes ;—for the tooth-ache one inch is sufficient ; and the bath may be applied for from fifteen minutes to half-an-hour. In cases of sprains, the feet must be put in water up to the ancles. The water when it becomes lukewarm should be changed. The feet during the whole time should be well rubbed by the hand or against each other, in order to promote a strong re-action. Care must be taken that the feet are warm before they are put into water, and exercise should be taken immediately afterwards to bring back the heat to them. Rubbing them with the dry hand assists them very much. Cold foot baths are sure means of preventing tendency to cold in the feet ; the application of hot water only weakens the skin, and renders the feet more susceptible to cold. When they are extremely cold, instead of exposing them to the fire to warm, it is much better to produce the effect by exercise. If we want any proof of the re-action caused by the foot bath, and its powers of preservation from catching cold, we have but to feel our feet an hour or two after the bath, and we shall then find them extremely hot. If we cannot avoid being exposed a long time to a piercing cold, it is well to take a cold foot bath an hour or more previously to going out. After great fatigue a foot bath of this description before going to bed is most

refreshing, Mr. Priessnitz says, that in feet many of the most serious complaints commence.

THE LEG BATH.

The thighs and legs when afflicted with ulcers, ring-worms, wounds, or fixed rheumatic pains, ought to be put into a bath so as to cover the parts afflicted. The object of these baths is for them to act as stimulants. They may be taken for an hour, and sometimes longer ; they always terminate in abscesses, and where they already exist they cause an abundant suppuration. They are also applicable to any other members of the body afflicted in a like manner. Observe, there should never be more water used in these baths than what is sufficient to cover the parts affected, for fear of too great a re-action.

THE HEAD BATH.

Head baths are used for rheumatic pains in the head, common head-aches, rheumatic inflammations of the eyes, deafness, loss of smell and taste. They tend to disturb the morbid humours, which nature generally evacuates in the form of abscesses in the ears. They are also used to prevent a flow of blood to the head, but in this case only for a few minutes, in order to avoid too great a re-action. These should be followed by exercise in the open air. This bath is used as follows :

A wash hand basin should be placed at the end of a rug upon the floor. On this rugg the patient should extend himself, so that his head may reach the basin. At the

bottom should be placed a towel for the head to rest upon. Then the back of the head should be placed in the water ; then each side, and lastly the back again. The duration of this bath depends upon the duration and extent of the disease. In chronic inflammation of the eyes, each part of the head should remain in the water fifteen minutes, and as long for deafness, loss of smell and taste. All this will occupy an hour, during which time the water should be changed twice. If these baths and foot baths are continued with perseverance, success is certain. This success is sometimes announced by violent head-aches, until the formation of an abscess takes place, which finishes by breaking. For the common head-ache, the back of the head may be exposed to the water from ten to fifteen minutes ; and each side from five to ten minutes ; if it is obstinate, a foot bath and sitting bath, both slightly chilled, should be used for half-an-hour each.

THE EYE BATH.

Cold water is thus applied to the eyes. A small glass is made for the purpose, in circumference about the size of the eye : the eye is then kept shut for one minute and open for five minutes, but an open vessel is preferable where the face can be put in. The head bath is generally used with this bath, but the latter is repeated oftener, and in most cases where there is inflammation, a fomentation is applied to the back of the head on going to bed, and another at the back of the neck during the day, that is, a heating bandage. For weak eyes the forehead is bandaged on going to bed. Sitting baths and foot baths are

used in obstinate cases. Some cases of very sore eyes have been completely cured, and others have taken this bath for shortness of sight which have been greatly relieved.

THE SITTING BATH.

For these baths water of various degrees of temperature are used, generally cold. The vessel for this purpose is rather inconvenient. A common washing-tub answers as well as any thing. The vessel in which the bath is taken should be filled with water until it reaches the naval of the patient, when in the sitting posture ; sometimes from three to six inches deep is sufficient. It is not necessary to undress to take this bath ; the feet should rest upon the floor ; merely uncovering that part of the person which is to be exposed to the action of the water. This bath ought not to be taken till two hours after eating or bathing. Sitting baths may be used for fifteen, twenty, or thirty minutes, as the case may be. This in some cases is repeated two or three times a day. These baths are esteemed of great importance in almost every case ; those patients are considered quite as exceptions for whom it is not prescribed.

It has the effect of strengthening the nerves, of drawing the humours from the head, chest and abdomen (or belly), and is of the utmost value to those who are confined indoors. The object of using so little water in this bath, is, that a re-action may the sooner be effected. If a greater body of water were used, it would remain cold during the whole time of its application, and cause congestions to the head ; whereas, in this case, it almost im-

mediately attains the heat of the blood, and admits of an immediate re-action.

If the head is affected while in this bath, the patient should apply a wet or cooling bandage, that is a cloth folded several times and rung out of cold water lightly, and apply it to the part affected without a dry one over it.

These baths may be used by any person, whether in health or otherwise, without the slightest fear of catching cold. Let these subject to giddiness of the head try this, and they will at once perceive its utility.

Whatever object we may aim at in these baths, we must not loose sight of the rule, *before mentioned*, that they are never to be taken immediately after eating, (unless especial cases call for an exception) as they will derange digestion and cause irregular stools. The best time for the use of these baths, is an hour before dinner, or an hour before going to bed. Then they offer the advantages of securing a night's rest to the patient. Generally speaking, two sitting baths a day will suffice; in particular cases, more is required: if not persevered in too long a time, five to six may be taken during the day. Exercise in the open air must be taken both before and after these baths.

SHOWER BATHS.

These baths are much recommended by the doctors, but they form no part of the Water Cure. Many persons complain that the shower bath fails in effecting a cessation of pain in the head, of giddiness, &c.; every one knows, or ought to know, that cold water produces a strong reac-

tion, from which it necessarily follows that if the head is first brought into contact, by a sudden shock with it, the blood will rush to the upper regions of the body, and thus produce effects the very opposite to those intended. Washing the body all over with a sponge or cloth is preferable.

FULL BATHS.

These baths should be supplied with plenty of fresh water, they should be spacious and deep, to admit of freedom of motion, the patient should rub himself well with the hands while in the bath. From one to three minutes is sufficient for the invalid to remain in this bath. When the weakness of the invalid does not admit of this bath, a wet sheet is applied, in the following manner. A sheet is dipped in cold water, and very slightly wrung out, merely to prevent dripping. The patient stands up, and the attendant throws the sheet around him, so as to envelope his whole person from head to foot; he then should be well rubbed with it, for two, or three minutes, as the case may be; the wet sheet is then taken off, and the patient wiped dry.

The object of this operation is to produce a violent shock, to accelerate the motion of the blood, and thus produce heat. The first touch of the sheet causes a very uncomfortable sensation, and seems to drive the blood all in from the surface, and to the head, but it instantly rallies, and returns rapidly to protect the skin from the contact of the cold sheet; so that when the patient, having been rubbed in the wet sheet for two or three minutes, and then wiped dry, his skin is in a glow of heat, and he feels exceedingly refreshed.

To illustrate the effects and show the object of this bath, I will here relate a circumstance that happened to H. C. Wright while undergoing the process of the Water Cure, at Graefenberg. 'One morning in April, after taking my wet sheet and plunge bath, I went out to walk at five o'clock, and, as was my custom, without hat, cap, or umbrella, although the appearance of the clouds foreboded the near approach of heavy rain. I ascended the mountain, for about two miles, by the beaten path, and then struck out to explore a part of the woods I had never before visited. The rain soon poured down in torrents, and I was entirely drenched, every thread of my clothes being wet. I wandered over rocks, and up and down declivities, and paddled through torrents occasioned by the rain and melted snow; till at last, confused as to the direction I should take, I lost my way. All this time the wind was blowing a tempest; it rained incessantly, and the water dropped from my clothes, and squashed in my shoes, as if I had been under a shower bath. When I recovered my bearings, I was about six miles from Graefenberg, and did not reach it till about ten o'clock, when I arrived, wet, hungry, cold, weary, and completely exhausted, after a walk of about twelve or fifteen miles. On my arrival, I was recommended to take two *Abreibungen*, (that is a wet sheet as above described,) at an interval of half an hour; and to rub my ancles, and the muscles under my knees. I was assured that this would prevent all soreness from the over-exertion, all cold, and rheumatic affections likely to follow the long exposure to the wet and cold. I took this advice, and changed my clothes, and was thus saved from all evil consequences. Many times since have I experienced similar benefit from the *Abreibung*.

As I wished to know from Priessnitz (says H. C. Wright) how he would recommend me to act under certain circumstances in which I expected to be placed, I put the following among other questions to him, in writing, the day before I left Graefenberg ; his *written* answers will show his estimate of the *Abreibung*.’

“ When I am exposed in travelling, by sea or land, to extremes of heat and cold, to storms of snow and rain, and I have become wet and chilly, what would you recommend me to do ?” His answer was,

“ Take *Abreibungen*.”

“ When I am afflicted with cold, accompanied with fever and restlessness at night !”

“ Take *Abreibungen*.”

“ When I am afflicted with head-ache, occasioned by great and continued excitement from public speaking ?”

“ Take *Abreibungen*.”

“ When troubled with shooting pains and tightness across the chest, occasioned by long speaking at a time ?

“ Take *Abreibungen*, and rub the throat and chest.”

I have followed these directions with most happy results. They are perhaps too simple and too easy to command attention ; but I am sure whoever follows them, under the circumstances above-named, will have cause for gratitude to Priessnitz : and will be convinced that the means of preventing and curing colds, and that soreness of the joints and muscles which is caused by fatigue, are within the reach of all. As all are liable to exposure to wet and cold, let no one despise the means of safety because they are so simple and so easily applied.

THE WET SHEET.

This in all cases should be linen : a coarse one is preferable : this application is of remarkable utility in almost every disease. In acute fevers the sheets must be changed according to the degree of heat. In some cases of strong fever that I have treated, the sheet has had to be renewed every ten or fifteen minutes. As the body grows cooler, the change must not be so frequent, minding never to take the patient out until thoroughly warm. When the dry hot skin of the patient becomes softer and more prone to perspiration, then the renewal of the wet cloths may be delayed for a longer period, until perspiration actually ensues.

To carry this process into execution, a thick blanket is spread upon a bed, or matrass, and upon that a wet sheet well rung out : on this the patient lays down ; then the sheet is closely wound round the body, with the exception of the face : the blanket is next put round, and and closely tucked in. Many other blankets should be added, well tucked in, so as to produce immediate heat ; the head should be covered with a wet cloth to prevent a flow of blood to it. If the feet remain cold for a long time in the wet sheet, and shew no disposition to become warm, they are to be extricated and wrapped in the dry blanket only. Care should be taken to draw the sheet and blankets close round the neck, to exclude the cold air, and turn them well over at the feet. The patient will feel chill at first, but he will be warm in a few minutes.

THE SWEATING PROCESS

Is taken in the following manner : The bed or matrass

is prepared as for the wet sheet ; the invalid is enveloped, naked, in a large coarse blanket ; the legs extended, and the arms kept close to the body ; the blanket is then wound round it, as tight as possible, turning it well under the feet : over this is placed, and well tucked in, a light feather bed ; sometimes more covering is necessary to make the patient sweat. When perspiration is difficult, the head, with the exception of the face, is also covered : but this is not done in case of persons who have a tendency of blood to the head. The irritation caused by the blanket, and the closeness and duration of the confinement, render this operation disagreeable, especially, as I have already observed, until perspiration commences, which, in some cases, takes place in half an hour, in others an hour. I have seen them two hours before they began to sweat. As soon as perspiration commences, the windows are opened, and the patient is allowed to drink cold water, as much as he likes. This is not only found extremely refreshing, but aids the sweating. If, during the process of perspiration, the patient should experience any head-ache, he may have a bandage on the head ; that is, a wet towel, not much wrung out, an expedient which almost invariably succeeds in attaining its object. The duration of the sweating depends much on the nature of the disease. To facilitate the drinking of water when in this state, a small glass pipe is used, one end of which is put into the mouth, and the other into the glass. When this cannot be got, I have found a teapot to answer as well. When the patient has sweated long enough, which in ordinary cases is determined by the perspiration breaking out on the face, the attendant takes off the different coverings until he comes to the blanket, in which the invalid is to proceed to the

bath ; but that part of the body which is exposed, in going to the bath, should be rubbed with a wet cloth, after coming to the bath. The head, face, neck, and chest, should be first washed. The patient should then enter the bath, and remain in it from two to five minutes, according to directions. This mode of practice is diametrically opposed to the theory which forbids a body heated and covered with perspiration to be exposed to cold. Notwithstanding this, the two theories are equally well founded. The doctors are right in guarding against the influence of cold, when the body is heated by movement, or stimulated by medicine ; for in this case death might be the consequence of such imprudence. But under this treatment the body is in perfect repose ; besides which, it is not with a dry cold, that is to say, with the cold air, that the skin is brought into contact, but it is the action of cold water upon the body, in a state of perspiration, which irritates the skin in a manner not to be expected from the air to which we are constantly exposed. This treatment is applied principally to persons of a full habit of body, and where there is evidence of strength ; to invalids of delicate constitutions, cold inactive skins, and where great weakness manifests itself, the wet sheet is most suitable. It must here be observed, that sweating is not administered to one-half of the patients that go through the water. Some persons have been very much injured by the injudicious use of this process.

THE WET, OR HEATING BANDAGE.

This is a piece of a linen cloth, three yards long, from six to fifteen inches wide, one third of which is wetted, and

two thirds left dry. The wet part is wound round the chest, and the dry part covers it. Strings are sewed to the dry end to make it fast. The property of this bandage is to increase the heat of the stomach, and thereby assist digestion ; from which results the formation of better juices. It cures intestine congestion, stoppage, or relaxation of the bowels, and appeases the cholic and gripes. I will here state a case that came under my own treatment. A. M. of Blackhill. He was afflicted with nervous debility and indigestion, for which he took medicine daily, but found no relief. I advised him to take an ablution in cold water every morning, and wear a bandage as above described ; to take two glasses of water before breakfast, the same quantity between each meal, and two on going to bed, with exercise in the fresh air. After following this treatment for a fortnight, he was perfectly restored to health. He wore a flannel shirt next his skin, which I advised him to cast off after the first or second ablution, as they are always injurious to health. He did accordingly, and has found no want of either them or the pill-boxes since.

THE DOUCHE BATH.

What we are to understand by the douche bath is, a stream of water about the thickness of one's wrist, which falls from a height of ten, fifteen, or twenty feet, and is chiefly applied to those parts of the body most afflicted, though it must be received occasionally upon all parts of the body. It hardens the body, and renders it capable of supporting fatigue, and all variations in the atmosphere. It is the most powerful means of any used in the Water

Cure, in moving the bad humours, and disturbing them from the position which they have occupied for years. The relief afforded by the douche, sometimes in a few minutes, in cases of rheumatism, is no less than miraculous.

The proper time for taking this bath is an hour or two after breakfast, and about the same time after dinner. The duration of the douche must be regulated by the strength and constitution of the patient ; it should never be longer than ten, or less than two minutes.

I will here give you H. C. Wright's description of the douche at Graefenberg, with its pains and pleasures.

"This is the severest form in which the powers of water are administered by Priessnitz. Of course, very weakly patients are never subjected to it. Indeed, it is taken by very few when they first enter upon the Water Cure. There are five douche houses at Graefenberg, three for the men, and two for the women. They are all situated in a deep ravine, north of the village. This ravine is thickly wooded with fir, and a brook meanders through it, which originates in several springs higher up the mountain, and supplies the water for the baths. The douche house is a little cabin built roughly of stone. It is about twenty feet high, is neither ceiled nor plastered, and is divided into two or three apartments, one of which is appropriated to the bath, and the rest are used as dressing-rooms. The latter are furnished with small mirrors, benches, pegs for hanging clothes upon, and small glass windows. The floor is of rough boards. The bath room is about eight or ten feet square. The douche is simply a stream of water falling through an aperture in the roof. The slope of the mountain is so precipitous, that it rises as

high as the top of the roof, within a short distance of the ground-floor of the cabin ; so all that is necessary is a few feet of wooden spouts to carry the water from the running stream to the top of the building. The stream of water in each douche falls from sixteen to eighteen feet, and is about as thick as a man's arm. It is indeed no child's play to have such a torrent of liquid ice pouring down in a stream of arctic temperature forever renewed, upon your tender epidermis. But of this hereafter.

Let us endeavour to describe a poor fellow on his progress from Graefenberg to the douche, in mid winter. He makes his way for something more than half an English mile, by a narrow path trodden by the patients in the snow, which lies heaped up three or four feet high on each side of him. Part of that way is comparatively level—part of it lies down a deep declivity ; the whole tolerably uneven, and in frosty weather extremely slippery and even dangerous. It may be that the wind blows a hurricane, and that the air is filled to blindness and suffocation with the snow—on its way down, in obedience to the laws of gravitation, or upwards, as the furious tempest sends it drifting through the air. On goes the patient. Very probably he has neither hat nor cap on his head—may be he has no hair on it—nor covering on his neck, in obedience to Priessnitz's advice to be as airy as possible, and to eschew mufflers and all such enervating indulgences. His resolution wrought up to the highest pitch, on he goes, slipping, staggering, and now and then tumbling headlong into the soft snow around him, or on the icy path before him. He becomes warm with the desperate exertion of both body and mind. He arrives at the douche. Now comes the tug of war. The thermometer stands at

zero. There is, of course, no fire. The object of the cure-guest is cold, not heat. He strips, and enters the bath-room, which is filled with the splash and spray of the falling water. To shun this irritating shower of liquid needles, and the horrible spattering from the wet floor, he rushes—from the frying-pan into the fire—under the awful column—and then, O then, he thinks of the wet sheet in the early morning, fresh from its bed of snow, as a bed of roses in comparison with the douche. The *abreibung*, with its chill, cold, sloppy contact—the dreaded plunge bath—the inhospitable *sitz bath*, are remembered with something of longing affection in comparison with his present sensations.

“Oh who can tell, save he whose heart hath tried,
And felt the douche fall on his naked side,”

The sensations that attend the rushing of the blood into the remotest corners of his frame, in the vain attempt to escape from the onset of the thundering douche. Foiled in this attempt, it rushes back again, like a stag at bay, and your outer man becomes as red as a boiled lobster. Meanwhile you catch your breath, and gasp, and cannot refrain from *hollering* and *yelling* like any Vermontese. If you do as you are bid, you rub yourself with both hands with might and main; but the chances are that, buffeted, bothered, and blinded, you seize hold of the railing, mercifully placed within reach, to keep yourself on your legs. I do not know what number of pounds to the square inch would measure the force of the torrent that batters you—but you feel that its effects are very considerable, you are so pummelled. You are conscious that if morbid matter can be broken, scattered, dissipated, and altogether put to

flight by the agency of water, according to the Hydropathic theory, you are sure to be delivered by the douche from all your diseases. But while you undergo this terrible baptism, you are reminded of the old Skaldie legends that paint Hecla as the abode of the lost, and amid your sputtering, shivering, and cowering, you involuntarily recur to your Paradise Lost, and feelingly sympathise with the dungeons of that dark land, where

“ —————cold performs the effects of fire.”

This process is endured for any number of minutes, from three to fifteen, according to directions. Nevertheless, as it is a long lane that has no turning, it is my pleasing duty to inform the candidate for health, after the first tremendous shock is over, the patient feels tolerably comfortable, though he will hardly be able, as in the sitz bath, to go to sleep under the operation—at least I never heard of any one who succeeded in doing so. Malefactors, it is said, have slept upon the rack—but the rack is not the douche. On coming out, being wiped dry and dressed, you feel in a state of great and pleasurable excitement, and imagine yourself able for any deed of difficulty and daring. The least I ever attempted, in the joyous wildness of my excitement, was to take a good run up the steep mountain side ; not indeed to warm myself, for I never was cold after the douche ; on the contrary, I was in as great a glow as if I had been severely rubbed with a stiff brush ; but I ran because I could not well help it, and merely for the pleasure of rapid motion and violent exertion.

The walk to the douche is in itself a good preparation for the process ; though many go out shouldering an axe, and spend part of the time on the way in chopping wood.

The old stumps of trees and logs that lie near the douche houses are sadly hacked, hewed, and mangled in consequence. Several of the cure-guests at a time may be seen occupied in this way. If you were to see them, you never would suppose there were, as there often are, reigning princes and grand dukes, marshals, counts, generals, grand crosses, little crosses, ribbons, stars, and spangles to no end among these hewers of wood and drinkers of water. To see them driving their axes into the timber with the activity and force of trained backwoodsmen, one could hardly believe that many of them had until lately suffered for years from chronic, or acute diseases; and that, after exhausting the patience of the ablest physicians, and the resources of the *materia medica*; they had, half hopefully, half despairingly, resorted to this remote corner of Germany, in quest of the blessed boon of health. See how stoutly they brave their way through the snow—how they hack and hew right and left. Every tree is fair game—all is fish that comes to their net. Wherever a stump is within reach, the snow is covered with chips. Very different this from the horrible mixture, with the directions, *sumatur Trij omnibus horis cum semesse, phiola agitata*,”—or the grim prescription ending with “*applicetur epispas-tum inter scapulas*.” Here there is no such thing as shaking bottles, or applying blisters. The douche is the most stinging application. Instead of shaking the bottle, you take a long walk up the mountain side, and drink at crystal wells that bubble up along the way.

The ladies who frequent the douche do not *hew*, but they *saw*—which answers the same purpose of healthy invigorating exercise. And many a fair pair of hands is covered with wholesome welts at Graefenberg, which was

never before more laboriously engaged, than in the manipulation of some piece of embroidery, or Berlin worsted work, or in playing over the keys of the piano in a luxurious drawing-room. Here they have pure air and exercise, a keen appetite, sound sleep, and pleasant dreams. They pretty nearly follow the Scotch prescription for the cure of the gout—to live on sixpence a day, and earn it. Here they live naturally, heartily, healthfully. Nature does for them what no drugs could do. They live ; they do not linger. It may be hard work at first to throw off the luxurious habits of a life, on coming to Graefenberg ; but it is well worth while to make the experiment. Health and strength, and lengthened years will most probably be the rich reward. If the gouty or rheumatic patient, the cripple, or the dyspeptic leave Graefenberg, and return to his wallowing in the mire of sensuality, he will probably be found in a few weeks wrapped in blankets and flannels, lounging in an easy chair, or stretched on a sofa in a well-heated room, swallowing all sorts of mineral and vegetable abominations, curiously compounded, too weak-spirited to look out of the window, writhing with agony, repenting of his sins, and casting longing lingering looks behind, on the hearty meals, the pleasant walks, and cheerful society he enjoyed when taking the medical advice of Priessnitz.

I have already mentioned that the douche is taken for periods of time, varying from three to fifteen minutes. There is little variety in the height and body of water in the various douche-houses at Graefenberg. The healing power is regulated by the time to which the patient is subjected to it, not by the height or power of the fall. The stream is generally directed upon the shoulders or

loins, or upon the limbs in cases of local disease. It is never taken upon the head, the stomach, or the spine. The usual time for taking it is early in the morning, or about midway between breakfast and dinner. (The hour for dinner at Graefenberg is one o'clock.) When taken more than once in the day, which happens very rarely, the second time for taking it is four or five o'clock in the afternoon. Few patients make use of the douche till they have been some time undergoing the Water Cure. I was three months at Graefenberg before I commenced taking it, and I continued it for two months.

There is a class of badedieners whose duty it is to remain at the douche-houses during the day, for the purpose of waiting on the patients. The badediener is entitled to a zwanziger, or about eightpence per week, from each patient for one bath per day. Those who prefer to have the attendance of their own badediener, pay him about tenpence per week for the additional trouble imposed on him. In this case, the badediener carries the sheets and straw slippers of his employer ; who must otherwise either carry them himself, or make use of those kept at the douche-house for public convenience.

The douche is generally applied for the relief of chronic diseases, never in cases of fever.

SCARLET FEVER.

This contagious disease does not attack every individual, and never invades the same constitution oftener than once through life. Children are its chief victims. It prevails generally in autumn and during wet and cold weather. The attack is denoted by weariness in the limbs, followed

by continued burning heat. The patients feel great anxiety, giddiness of the head, pain and inflammation in the throat; to which are sometimes added convulsions and delirium. The skin appears reddened, and of a bright scarlet colour, whence the disease takes its name. In the course of a mild case of scarletina, every remedy, without exception, will be more injurious than beneficial; we should, therefore, only prescribe a judicious diet, provide light digestible food, and a uniform temperature of the sick room.

Cases of scarletina do not require our interference, unless the eruption is not perfectly developed, or where the fever increases, where the anxiety and restlessness of the patient become evident, and convulsions appear. In these cases, we must proceed to the use of the wet sheet immediately; the wet sheets should be changed as soon as they become thoroughly warm; by this circumstance the repetition of them must be guided. It frequently happens that after the first, second, or third change of the wet sheet, the eruption appears perfectly developed. As soon as this favourable symptom is observed, we must change the sheets less frequently, and leave nature to act freely for herself. It is always advisable to make use of the wet sheet in due time, before the fever has attained great violence; for if the rash be not developed, we shall in this way place the skin in a more favourable state for the appearance of the eruption. This proceeding must be continued until the eruption shows itself well upon the skin. The patient should have water frequently administered to him whilst in the envelopment, or even when he is not encased. At all events, thirst should be well allayed; for, by the use of water internally, the eruption will be greatly encouraged. The

evacuations deserve great consideration ; the bowels should be kept regularly open ; clysters of cold water must be applied if necessary. If the eruption show itself well during this treatment, we should leave the desquamation of the skin to nature ; it being our only care to guard the patient against every thing that might interfere with eruption, or cause it to recede. We must ever be careful in the use of tepid ablutions, resorting to them merely as *stimulants*, where necessity compels us to employ this remedy. I must strongly caution against a frequent repetition of cooling applications to the throat during the first stage, especially where inflammation runs high ; for I know of some cases which terminated unfavourably, where due attention was not paid to this point, and where the high fever and inactive skin were overlooked. All local applications and baths must be used in this disease with great circumspection. If, for instance, we observe the rash recede, we must, without delay, resort to cold affusions, to be continued half a minute or a minute, or must plunge the patient three or four times into cold water. The more evident the coldness of the surface, the more speedily should we proceed to the use of the plunging bath. Pallor and coldness of the skin must be our guides for the repetition of this proceeding ; if the skin remain long in this condition, the shock should be persevered in at the shortest intervals, until the skin is again excited to action. This being done, affusion is not to be repeated until its beneficial influence has ceased, which will generally be in six, eight, or twelve hours. If our object be accomplished, if the patient be placed in a more comfortable condition, and the skin show more inclination to action, as before the recession of the rash ; if, further, all the functions be reg-

ularly performed, we may leave nature to complete the cure, provided there is no relapse ; we must, however, regulate the diet, and maintain an equal temperature in the sick-room.

Affusion is in this case preferable to the wet sheet, its action is more quick and certain ; by it alone we succeed at times in reviving the sinking nervous influence, and in preventing certain death. The wet sheet, on the other hand, is preferable in cases where the skin is dry, hot, and burning, and where the fever is violent. Its action is often astonishing : for I have seen the rash show itself in perfection in the course of a few minutes after the use of the wet sheet. Its operation is not less beneficial in those cases where the skin is covered with the eruption, but dry and hot : and where the fever is considerable, two or three applications of the wet sheets will suffice to allay these inflammatory symptoms. It is impossible to describe the relief and comfort patients experience after one or two wet sheets. I have frequently seen them fall asleep, though they have not slept for a length of time before.

TYPHUS FEVER.

This fever commences with cold, stiffness, a convulsive shuddering, with sense of cold, the thirst is great, and a lax prevails chiefly at night. The motions are of a greenish yellow colour, and at times mixed with blood. The patient complains of a sense of weariness, weight in the limbs, head-ache, noise in the ears, giddiness. The tongue is covered with a white or yellowish fur ; and there is a bitter, faint, sickly taste in the mouth. The eyes have a peculiar dull appearance, and sleep is disturbed. The

hearing of the patient is diminished, or there may be perfect deafness ; the strength declines, and the countenance is changed, plainly indicating stupor.

We should proceed to the use of the wet sheets with the first appearance of heat. The sheets should be changed every fifteen or thirty minutes, until the heat is abated, but not with a view of forcing perspiration. The patient should then be washed down with cold water, taking care to wet the head and chest first. In some cases I have had to continue the wet sheets for four or six hours, before the fever was abated ; but in no instance have they ever failed (when persevered in) in producing the desired effect.

After this the patient should be put into a clean bed and lightly covered ; he should drink nothing but water in the sheet or out of it, and as much as he likes. If the feet, during this treatment, get very cold, the sheet should extend no further than the knees, the feet being wrapped in the blanket only.

When the head is affected we should apply cold wet cloths, and where these will not suffice, heating bandages should be applied to the feet, and to remain until they are quite dry. The same treatment applies to all parts of the body affected with violent pain or inflammation.

Particular attention should be paid to the bowels in this disease. Costiveness should be removed by drinking a quantity of cold water ; where this will not suffice, injections of the same should be given. Purging, which always occurs in this disease, deserves more attention. If injections of simple cold water fail to diminish the frequency of the stools, and the motions be even mixed with blood, clysters with starch should be used, and discontinued as soon as the evacuations become less frequent. When all

the fever is entirely removed out of the body, the patient will begin to ask for food ; the more urgently the longer the disease has lasted. The appetite, however, is to be very sparingly satisfied. For the first day or two, the patient should eat light digestible food ; stimulating animal food he should not indulge in at the first.

I have employed this process on children attacked with strong fever, and always with great success. It often happens that the fever is obstinate, and lasts longer than usual. The treatment should then be persevered in until it has destroyed the cause of the disease.

INTERMITTING FEVER.

It is difficult to give a direct delineation of this disease ; but its attacks are marked by a succession of heat, cold, and sweating. The cold stage is generally the first observed. It is ushered in by a sensation of cold in all the extremities, which become livid : this symptom is accompanied by chills and shivers, &c. Our first attention must be directed to the stomach, to remove all impurities from the digestive organs. For this purpose the invalid should drink abundantly of cold water, until vomiting or purging is produced. The drinking of water should be persevered in, to promote and facilitate the vomiting, until the stomach is cleared of all impurities. Should we not succeed in producing these effects, the patients should be placed in a half bath, during two or three hours, as the case may be. As long as he remains in the bath, he should rub the bowels himself, whilst two attendants perform the same operation on the other members of the body.

After the patient is come out of the bath, he should

dress quickly, and take rather active exercise in the open air, if the weather is fine ; if not, in the house, to equalise the heat of the whole body rapidly. ‘This disease,’ says C. Claridge, ‘appears every year in the fortress of Newstadt and Cassel, in the Prussian territories ; the invalids come every year in great numbers to Priessnitz, who quickly cures them, by placing them, during the paroxysm of the fever, in a half bath, for long or short periods, during which time they are well rubbed with cold water. They use a sitting bath, and drink plentifully of cold water, until it causes them to vomit, or produces relaxation ; and a cold wet bandage is placed upon the abdomen, which produces perspiration. (‘This is what I call a heating bandage.)

It sometimes happens, after all this treatment, the fever still returns. In this case the disease calls for our greatest attention. It will then become necessary to wrap the patient in the wet sheet to perspire. When perspiration has ceased, the patient may take a cold bath. Where a bath cannot be obtained, rubbing the whole body with wet cloths will answer the same purpose ; he should often wash the chest and bowels with cold water, and wear a heating bandage round them night and day. He should take light digestible food, and drink plentifully of cold water. After pursuing this plan for ten or twelve days, at most, the fever will cease.

INFLAMMATION OF THE BRAIN.

Inflammations of the brain are very numerous. There have no less than four died of inflammation, within fifty yards of where I am now writing, in less than two months. *So little power has the doctors over this disease.*

To accomplish the cure of this most dangerous disease, the treatment will require the greatest care on the part of the attendant. Its treatment only differs from that of inflammation of the chest, inasmuch as the cold cloths on the head should be frequently renewed, as well as the wet sheet in which the invalid is wrapped.

The water used for this disease should be as cold as can be got. The head should be well raised on the pillow ; then place several large napkins in water in readiness to be applied to the head, that the applications may follow each other quickly ; for a great deal depends on this part of the treatment. The cloths should be renewed every five or ten minutes. As long as the inflammation lasts, the cloths should never become warm. If the disease appears to get worse, the sitting-bath should be taken with every change of the wet sheet.

The wet envelope should be changed, according to the heat of the body, every twenty or thirty minutes. If the patient feels relief in the envelopment, especially if perspiration begins, he should then be kept in it as long as this even if it were for six or eight hours. When perspiration has ceased, and not before, we should wash him all over with water, with the chill off. The room should be well aired, the light subdued, and the patient kept quiet.

INFLAMMATION OF THE LUNGS OR CHEST.

Inflammation of the Lungs or Chest is caused by a collection of blood to that part. This disease may be classed among the most dangerous of diseases. It commences for the most part suddenly, with pain in the chest, often con-

fined to one side, or attacks both sides at the same time, cough, shortness of breath, restlessness, palpitation of the heart, and violent pain in the head, the skin hot and dry, though the hands and feet are often cold. The bowels are irregular, and the urine is scanty, and of a pale yellow colour.

In this kind of disease, the first thing to be done is to wrap the patient in a wet sheet, well wrung ; a bandage, less wrung out, should be applied to the chest, and when warm should be renewed. It should be carefully withdrawn and replaced without loosening the envelopment. The time the patient should remain in the first sheet must depend entirely on the appearance of perspiration : if he feels greatly relieved, he should not be removed for several hours, and when perspiration has ceased, the patient should be washed down in tepid water.

The sitting baths are often used in allaying the inflammation. The water used for this bath should have the chill of.

When the disease is strong, it is sometimes necessary to renew the wet sheet and sitting bath, till the symptoms are abated. Each time they are renewed, the patient should be washed in water with the chill off. While undergoing this treatment the patient should drink cold water frequently, but only in small quantities at a time. Thus by the aid of cold water, cures are always effected in a few days, which have baffled all medical science.

INFLAMMATION OF THE BOWELS.

The invalid attacked with this disease, should be placed

in a sitting bath four inches deep, and remain in it a longer or a shorter time, as the case may be, generally half an hour. The water for this bath should be chilled. On leaving the bath, the patient should be wrapped in a wet sheet ; but first a cold bandage should be placed on the bowels, and both changed according to the heat of the body. Each time the sheet is changed, the patient should be washed all over with cold water. If weak persons are thus treated, the water used for the baths and washing should not be quite cold.

ENGLISH CHOLERA.

To illustrate the treatment of this disease, I will relate a case which I treated in the month of November, 1846. The patient was just going to take some hot tea as I entered the sick-room, which I instantly forbade, and ordered him cold milk, as hot food is always injurious in this disease. I told him to drink a glass of cold water every ten minutes ; when the stomach and bowels were emptied of their contents, to place a well-wrung bandage round them, and go to bed. In a few hours he was perfectly well. But in obstinate cases, the patient should be packed in a wet sheet to provoke perspiration. If the purging be not too violent, we may let the patient remain in the sheet three or four hours, and then wash him down with lukewarm water, and do it quickly, to guard against cold. Where the fever is violent, the invalid should be wrapped in the wet sheet three or four times in twenty-four hours, and the rest of the time he should have bandages round the body. On recovery, the patient should pay great atten-

tion to his food for some time, which should consist of light digestible substances, as barley, rice, oatmeal, &c., and be careful to avoid colds, which will cause a relapse of the disease, and endanger life.

CONSTIPATION, (OR COSTIVENESS.)

The treatment for this disease requires to be persevered in for some length of time to overcome the various existing causes. We seldom find persons who possess sufficient patience and perseverance to follow up the treatment for a sufficient length of time to overcome this disease. Then the patients utter bitter complaints of the inefficiency of the Water Cure, forgetting that their abuse of this excellent system is the sole cause of failure. Most patients, labouring under this disease, have accustomed themselves to the use of purgatives, which have afforded them temporary relief; but they will have to come to the Water Cure at last, if they want to drive the enemy from his stronghold.

The treatment is as follows: every morning on rising from bed the patient should wash the chest, and stomach, or even his whole body, with cold water, and then put on a heating bandage, and change it three times a day; drink two or three glasses of cold water, and then walk a mile or two in the open air. This should all be done before breakfast. Ten or twelve glasses of water should be drunk during the day. If this process does not restore the action of the bowels, the patient must take two sitting baths a day, one an hour before dinner, and another before going to bed, minding always to take exercise after those baths.

The water for those baths should be slightly chilled. Should those baths fail of producing the desired effect, the patient should be wrapped in the wet sheet: two sheets in the morning and two in the evening, each couple of sheets being succeeded by the tepid bath. In very obstinate cases two clysters should be given, one to be used in the morning, the other an hour before going to bed. The patient must persevere with these injections as long as they produce the desired effect. The sitting baths should be discontinued while taking the injections. The patient should remain an hour in each sheet. Generally speaking, we must change the mode of treatment several times during the course of the disease.

RHEUMATISM.

In the treatment of this acute disease, our first care must be to produce perspiration by the envelopment in the wet sheet or blanket, as the case may be: if the patient be feverish, the wet sheet must be resorted to, to produce perspiration, where nature does not take this course herself. If the patient sweats without the aid of the wet sheet, our next endeavour must be to prevent the cessation of perspiration, and restore the action of the skin by means of the wet sheet, for it is sometimes suddenly interrupted. The patient after coming out of the wet sheet, should be washed down with water, the chill off; after a few times, cold water may be substituted. Heating bandages should be worn round the body night and day; and all parts affected with pain should be covered with these warming bandages, and renewed every four or six hours.

If the patient does not perspire much, he should drink cold water abundantly, which aids perspiration : on the other hand, if he sweats freely, he should drink moderately.

The patient should eat sparingly ; but very weak persons should take nutritious food in small quantities, to prevent a relapse. Rheumatism of the head, arms, or legs, I have cured, using nothing but the heating bandages and cold ablutions. Where the head is affected, I have found the foot bath of great service.

Where the disease has endured for months or years, the patient need not sweat, but take cold ablutions of the whole body once or twice daily, using powerful friction after each ablution. If the skin becomes dry and rough, the invalid should perspire once every eight days, and wash the whole body afterwards with very cold water, followed by powerful friction, as above described.

TIC DOLOUREUX.

One side of the face or head is generally attacked with this painful and obstinate disease. It is generally brought on by exposure to cold or wet. Women are more frequently attacked by this disease than men. The treatment is as follows :

The patient should be packed up in the wet sheet every other day, and perspire moderately, and at the same time drink a quantity of cold water, and take exercise in the open air when the weather is fine. It is always necessary to keep the bowels open, and heating bandages should be worn on the side of the face affected. The body should be often washed all over with cold water, especially after

coming out of the wet sheet. If no relief be produced under this treatment, the patient should take two or three sitting-baths each day, and not neglect the heating bandages and drinking cold water. C. Claridge says, "This is one of those diseases given up by the doctor, as well as the invalid. There is however," says C. C., "a *Tic douloureux* purely nervous. On this the Cold Water Cure is as inefficient as every other ; but that arising from the humours is cured at Graefenberg. I speak with a perfect knowledge of this disease, having suffered for three years, and having made observations upon several who suffered from this complaint ; eight months' treatment, perseveringly followed, cured me, after trying all the remedies of physic in vain."

ERYSIPELAS.

This disease is often produced by an effort of nature to deliver itself of a dangerous humour by the skin. Erysipelas often appears suddenly, and as suddenly passes from one part of the body to another. The patient experiences a sharp burning pain in the part attacked, which becomes red and swelled. In the course of a few hours, blisters appear on the inflamed skin, varying in size, and containing a transparent yellow fluid : in the course of a few hours these vesicles burst and discharge their contents. This form of Erysipelas is confined to the face, and is attended with more or less of fever which accompanies all varieties of this disease.

At Graefenberg the use of cold water for the treatment of this disease has never been known to have unfortunate results. It is true it is not merely outwardly treated, as

the entire body is subjected to the cure. Fever is to be moderated by the wet sheet, to determine the skin rapidly to a copious perspiration ; and when this object is accomplished, the sweating must not be disturbed by the external use of cold water. Ablution of the whole body should never be performed before perspiration has totally or at least partially ceased. The use of cold water internally is advantageous in this disease ; it should however be taken in small but repeated doses. Where inflammation has attacked the throat, well wrung bandages should be applied to that part, and the mouth and throat are to be often gargled during the day with cold water. Whichever organ of the body this disease attacks, we must apply well wrung bandages to those parts, and allay the fever as above, by the use of the wet sheet. We must be careful also to prevent the patients from changing the bandages too often, as they are apt to do, with a view of easing the pain ; for although every fresh application brings immediate relief, yet in this manner the sweating, which is most essential to recovery, might be interrupted. Tepid water should generally be used for ablutions in this disease, and the treatment properly attended to ; which is always successful.

SMALL POX.

The fever begins early in this disease, and increases up to the period of the formation of the Pox, and disappears generally when they are fully developed over the whole body, about the seventh day. Where the fever is violent, the invalid should be packed in the wet sheet, which is to be repeated according to its violence ; at the same time,

we must be careful not to reduce the temperature of the body too low, and thus interfere with the development of the eruption. If, during this stage, any parts of the body swell, heating bandages should be applied, especially round the chest and bowels, which should not be too frequently changed, lest we abstract too much heat from the body.

Similar treatment will be required in this disease as that of Scarlet Fever. All the same cautionary rules regarding the application of the wet sheet, the encouragement and promotion of the eruption, apply equally to both diseases. During the disease, light vegetable food should be offered to the patient, and cold water should be frequently drank; the room should be well aired, and the patient should avoid all excitement.

The following case is from H. C. Wright's Six Months at Graefenberg:—"While there we had a case of malignant Small Pox, and the patient lay in the main building, near the passage through which we all passed to and from our meals three times a day. The bath man who attended him attended other guests, and we visited him without fear, each knowing that if he should take the infection, the disease was entirely under the control of the Water Cure. The patient was confined to his room for fourteen days, covered with the pustules from head to foot. I saw him while in this state, and a more loathsome object I never beheld. When he recovered sufficiently to leave his room, he mixed freely with the other guests, and in about three weeks, nearly every trace of the disease had passed from his face. Wet sheets, and tepid, and cold baths, were the only remedies employed, and a constant supply of pure cold air was admitted by day and night through the open

windows of his chamber. The woman who washed the wet sheets and bandages used by this patient took the disease, but it was soon conquered by the usual cold water remedies."

ASTHMA.

In general, this disease comes on suddenly in the night ; the patient is waked by violent contraction of the chest,—he scarcely knows how to obtain fresh air,—he can only breathe in the sitting or standing posture,—the attack generally lasts only a few minutes, but sometimes for several hours. Asthma is more common to men than to women, and chiefly attacks persons of excitable nerves and young people. The treatment for this disease is as follows :

The patient should sweat in the wet sheet every second day, then be washed down with cold water, where a bath cannot be obtained. A cold ablution must also be taken every morning immediately after rising. Through the course of the day, a heating bandage should be worn round the chest, and the whole body washed three or four times. The patient should continue to wear the bandage through the night, covering it well with dry cloths. The invalid should take a great deal of exercise in the open air. Walking on rising ground or up hills cannot be too strongly recommended, for the lungs are thus brought into considerable action.

On retiring to rest the patient should immerse the soles of his feet in cold water for five or ten minutes, and rub them until they are warm. Sitting baths are sometimes taken, and friction between the shoulders and on the chest is of great service ; it produces boils, which we must encourage for a time. The patient's diet should be light, he

should not take suppers, but drink plentifully of cold water.

PILES.

It is well known that piles are caused by an accumulation of blood in the vessels which water the large intestine. These are closed or open, which means that they either let out blood, or are dry and confined to the swelling; there is also a third sort, which discharges slimy humours. This is not a local disease. It is the visible part of a diseased state of the whole system, which is expressed by a congestion of blood to the vessels of the abdomen. Its cure requires the most strict regimen, particularly abstinence from spices, spirituous liquors, and indigestible food. The treatment at Graefenberg, eminently cleansing and strengthening, is a radical cure for them. When the disease is taken at its commencement, it will give way to an easy regimen, the drinking of a great deal of cold water, fomentations on the abdomen, short sitting baths, and a moderate sweating process. But if the piles are already formed and running, the treatment must be more severe, and of longer duration. Frequent sitting baths, entire baths, and the douche, end by curing them. The sweating process is indispensable to expel the prejudicial humours, which are at once the cause and effect of the disease. The use of cold water externally, without the rest of the process, would probably, by leaving the vitiated juices in the system, transform the disease into another still more serious.

“At Graefenberg, I have seen,” says C. Claridge, “blind piles open and disappear by degrees, leaving the body in a perfectly healthy state. I appeal to the testimony of all

those troubled with piles, of what use are medicinal remedies ; a little relief, and never a cure. Doctors themselves are forced to admit this. Several of them, aware of what is going on at Graefenberg, recommend, and use themselves, the cold water cure for this disease."

DEBILITY OF THE STOMACH.

The first means to be adopted towards curing a deranged stomach, is to avoid the exciting causes, which are as follows :

Intemperance in eating and drinking, the use of beer and spirituous liquors, hot eatables and drinkables, especially tea and coffee, the use of tobacco ; above all, smoking after eating. To all of these causes we must add the use of drugs. If the patient wishes for a perfect cure of this disease, he must substitute sobriety for intemperance, the simplicity of nature for artificial food ; neither take too much nor too little, at fixed hours, preferring cold to hot, breakfast and sup upon cold milk, dine on meat and vegetables ; avoid all irritation of the mind ; do not wear too much clothing, which impedes circulation ; and to this mode of living add much exercise in the open air ; wash often, and drink water.

A heating bandage should be worn night and day round the stomach ; change it every four or six hours. In obstinate cases the patient should take a wet sheet in the morning, and sweat lightly ; then take the cold bath ; in the evening take a sitting bath, and during the whole time, all parts of the stomach and abdomen should be rubbed with the wet hands. If you can procure the douche, so much the better ; but you must avoid receiving it on the stomach ;

but if a douche cannot be procured, then the body can be sprinkled with cold water, beginning with the shoulders, and causing the water to descend to the abdomen. To these means add the drinking of cold water ; take care not to drink too much at a time, particularly at meals ; the best time for drinking water is before breakfast. Take a good deal of exercise, and avoid great heat.

CRAMPS OF THE STOMACH.

Cramp in the stomach is almost always produced by faults of regimen ; yet it is sometimes occasioned by the diseases of the skin being driven in, or through some organic fault of the stomach. This defect is generally cancerous, and leaves little hope of cure.

Persons attacked with cramp in the stomach ought to use cold food, wear constantly a heating bandage on the stomach, perspire every day in the wet sheet, take two or three sitting baths, rub the bowels the whole time with the wet hands, and drink abundantly of cold water, particularly whilst in pain, carefully avoiding warm drinks, and all reflections which would lead to melancholy. A counsellor, who had suffered during fourteen years from violent cramps in the stomach, was ordered, during the paroxysm, to drink cold water until it caused vomiting ; the pains were for the time augmented, but they returned no more.

COLIC.

For this disease the patient should take two sitting baths each day, during fifteen or twenty minutes, wear a heating bandage on the bowels night and day, and drink

abundantly of cold water. In obstinate cases clysters must be our chief remedy, for one injection is frequently sufficient to remove the disease.

The treatment for rheumatic colic requires an envelopment in the wet sheet once or twice a day, leaving the arms and legs free. In this encasement the patient must perspire a little, drink water in small quantities, and the clysters he must use, should not be quite cold. After coming out of the sheet the patient should be washed all over with cold water, and take much exercise in the open air.

BEATING, OR PALPITATION OF THE HEART.

In the treatment of this disease the patient should take foot baths four or six inches deep, for half an hour to an hour, during which the feet must be continually rubbed with the hands, and a heating bandage should be worn on the chest night and day, changing it every four hours, and exercise must be taken after each foot bath, with frequent drinking of cold water.

HEARTBURN.

The habit of eating too much, the use of greasy food, indigestion, and a too inactive life, are generally the causes of this disease.

To cure this disease the patient must eat sparingly light digestible food, and drink water plentifully. It is generally cured by drinking a quantity of water early in the morning until you produce vomiting, or even purging. If it has become chronic, the patient must be packed in the

wet sheet until perspiration is produced, and then take the cold bath, with much exercise in the open air.

BURNS.

As soon as possible apply cold wet cloths to the part affected, without a dry one over them ; continue this until the fire is destroyed.

SORE EYES.

Place the back part of the head in cold water three times a day, ten minutes each time ; then use an eye bath for five minutes, twice a day. After the eyes are closed in the water for about a minute, they should be opened for the other four minutes. At night a heating bandage should be placed at the back of the neck ; this and the head bath have the effect of drawing all inflammation from the front. In most cases foot baths twice a day are highly beneficial.

HEAD ACHE.

Head-aches are generally cured by very cold footbaths for fifteen minutes, repeated two or three times a day, and drinking freely of water to relieve the stomach, with exercise in the open air. Should the head-ache return, the patient may resort to headbaths, immersing the part of the head opposite to the seat of the pain into the water for fifteen minutes ; then the head should be bound up in a cold wet linen bandage not covered by a dry one. The diet is a point worthy of consideration in this dis-

ease ; the patient should eat light food, and avoid all kinds of stimulants.

EAR ACHE.

In the first place, the patient should have wet linen cloths wrung tight out of cold water, introduced into the ear, and a heating bandage worn round the head, covering each ear. In obstinate cases the patient should perspire in the wet sheet, and take a cold bath : this will cure this disease when all else has failed.

TOOTH ACHE.

Two basons should be filled with water, one of which is cold, the other tepid ; the mouth should be filled with the tepid water, and held in the mouth till it begins to be warm, then change it ; during this the hands should be dipped in the cold water frequently, and with them violently rub the whole of the face, cheeks, and behind the ears ; this operation should be continued till the pain ceases. I have seen the tooth ache cured in a few minutes by taking a cold foot bath, the water not above two or three inches high.

DEAFNESS.

Rub the body all over twice a day with a cold wet cloth ; wear a heating bandage over the ears at night, and drink plentifully of water ; this process will very often relieve deafness ; but in obstinate cases, the patient should perspire in the blanket twice a day, and then take the cold

bath, after each sweat, after which take exercise in the open air.

CONGESTIONS OF BLOOD TO THE HEAD.

Persons subject to this disease should abstain from either drink or food of a stimulating nature, eat moderately, drink a great deal of water at table, take a little exercise after meals, avoid all physical or moral excitement; all occupations of the mind, immediately after meals, are hurtful. They must add to this two ablutions daily, one in the morning and one in the evening, to regulate the circulation. Where the case is obstinate, the patient should take two sitting baths, and remain in them for thirty or forty minutes, not forgetting to put cold wet bandages on the head. Cold bandages should often be repeated on the diseased parts, to strengthen the inactive vessels, and give a tone to the weakened organs. Often a foot bath and cold bandages are sufficient to cure the head.

WOUNDS, SPRAINS, AND STIFFNESS OF THE JOINTS

Should be treated in the following manner: The sprain should be bathed three times a day in cold water, and well rubbed. The water in the bath must come up a little above the part affected; and a cold bandage should be worn, changing it frequently. If the feet or hand is wounded, keep the wounded part in tepid water until it ceases bleeding, then put on a heating bandage; when this becomes warm, put another larger one over it, so that it may extend far beyond the part afflicted, this draws the inflammation from the wound. In case of stiffness of the

joints, the part affected should be well rubbed with the hand, frequently dipped in cold water ; then apply a heating bandage. This treatment often removes pains from the joints of long standing.

CHILBLAINS.

When going to bed, wrap the feet in heating bandages ; this soon cures them, if the complaint be recent. If otherwise, the patient should perspire in the wet sheet, once daily, with a cold bath after.

HABITUAL COLDNESS OF THE FEET.

For this, take two foot baths twice a day, fifteen or twenty minutes, rubbing them well all the time. A great deal of exercise should also be taken after each bath ; a heating bandage may be bound on them at night. This process causes a uniformity of circulation, and each part of the body receives its share.

LOSS OF SLEEP.

Eat sparingly, and drink nothing but cold water, and take a great deal of exercise in the open air. Ablutions are the most efficacious means used for this inconvenience. The ablutions should be made on going to bed, they are preferable to baths.

DROWSINESS.

Bad digestion, eating too much, and not drinking water sufficient ; these, and want of exercise, are often the causes

of this inconvenience. To remedy this, a heating bandage should be worn on the stomach, and much cold water drank, particularly in the morning. Head baths are sometimes of great service ; it is well to take this bath on going to bed, rubbing the head well after the bath. In obstinate cases, add to the above treatment, two clysters of cold water daily, with ablutions of the whole body, or baths.

FAINTING.

The first point in the treatment of fainting, is to remove all tight clothing which confines the body, such as stays, waist-bands, and garters. The patient must be placed in the sitting posture, and well sprinkled or washed with cold water, until recovered. To remove the predisposition to fainting, the body should be washed all over with cold water once or twice every day, and the patient should drink nothing but pure cold water ; avoiding all warm drinks and spirituous liquors ; and further, take much exercise in the open air.

HOOPING COUGH.

No method of treatment has hitherto succeeded in checking this troublesome disease, it will always run through its usual stages. The duration of hooping cough is generally six or eight weeks ; but where children take cold, it may be prolonged to twice that time, and bring on other diseases.

Perspiration in the wet sheet, and heating bandages, with cold ablutions, are the best means for relieving the patient. Whilst the patient is in the wet sheet, he must

be watched by a person sufficiently strong to raise him, together with the sheet and blanket that he is wrapped in, whenever a fit of coughing comes on. It is best to hold the child on the lap until the fit is over, and then put it to bed until perspiration ensue. The patient should not remain longer than three hours in the envelopment. A change of sheets will not be required unless the fever be very strong. Care must be taken that the water drank at first is tepid ; afterwards it should remain half an hour in the patient's room, well covered up, when it may be drank. A heating bandage should also be worn on the stomach, change it four or six times, day and night. I have seen this bandage applied, and it has given great relief, without any other treatment.

CASE OF ULCERATION.

The following case, which first appeared in the "Water Friend," and was treated by Dr. Emmel, at the Hydro-pathic Establishment, near Vienna, strikingly sets forth the efficacy of this treatment in certain ulcerations and diseases of bone :

The patient of middle size, slight build, twenty-six years old, of healthy parentage, inoculated successfully in his second year, in his seventh suffered from fever, which became malignant, and passed into a nervous fever ; at the termination of which, the disease fixed itself on the upper part of the thigh. By the external application of medicine, and by fomentations, an abscess formed on the inner side of the limb, and discharged much matter from an opening that took place of itself. Being greatly reduced by long-continued sickness, and his parents being very poor, the

patient could no longer bear up against it. The abscess discharged purulent matter during two long years ; from time to time fresh abscesses were formed on the diseased places, accompanied with agonizing pains : they were, however, softened by fomentations, came to maturity, burst open and discharged a quantity of pus, without healing up, and constantly excreting matter, two or three openings appeared every year. Against this disease, all sorts of medicaments were applied internally, as well as externally, plasters, salves, poultices of herbs, fomentation, &c., by physicians and non-physicians ; but without any good effect whatever. Many of the openings healed, but broke out sooner or later, forming holes, through which, under violent pains, pieces of bone, that had been exfoliated, were discharged in a brittle state, and as if they had been worm-eaten.

During the seventeen years that he was ill, thirty-six openings of this kind, with abscesses, were formed, and brought him nearly to his end. As all remedies were now ineffectual, amputation was proposed ; but the patient would not consent to it. Soon after, his attention was called to the cold water treatment. His resolution was soon made up.

DESCRIPTION.

The hair nearly gone, the eyes deep in the socket and feeble, the face fallen in and earth-like. Patient had the appearance of an old man, the tongue white and unclean, no appetite, much thirst, the left leg drawn backwards in the lower part ; the knee-joint on the left side swollen and immovable ; the knee-pan nearly displaced ; seven openings,

discharging matter on the thigh, about the head, knee and breast ; in the morning much perspiration, which occasioned a sensation of debility ; small, hard, quick pulse, with frequent cessation, sleepless nights, occasioned by the pain in the diseased part.

June 6th, 1839. As the patient was so extremely enfeebled, the first thing to be done, was to improve the digestive organ : he was, therefore, to commence with drinking fresh water, the diet was at first somewhat spare and cool. This was continued eight days, and the diseased limb was covered with bandages dipped in cold water and well wrung out.

June 14th. Patient somewhat stronger, complains, however, of violent pains in the part affected ; the discharge from the sores increased ; the disposition irritable, inclined to tears ; by day-light the whole body was washed in tepid water ; and as he could take no exercise, he was placed in the bed to warm himself.

June 18th. At an early hour tepid washing ; the bandages closely put on, were continued. More nourishment given, as the digestion was better. Frequent draughts of cold water ordered, particularly in the first part of the morning, when much expectoration took place ; the night sweats less troublesome.

June 24th. Cold water was now used, morning and evening, to wash the body with ; the skin, which had been dirty and parched, is cleaner, and after the ablutions, looks reddish. About mid-day a cold bath for a quarter of an hour. This operates so strongly on the diseased part, that it feels as if it were cut through. Much matter discharged ; the ulcers beneath frequently sprinkled with cold water.

June 28th. Sweating early in the morning for an hour,

tardy and very foetid ; painful feeling of lassitude, at the time, in the limbs ; several old cicatrised abscesses seem about to break out again.

July 2nd. During the night more openings discharging foetid matter; which, as it flows out frequently, requires the wet linen to be constantly renewed. The bath for half an hour. In the afternoon the douche taken for three minutes, when violent pains in the diseased place came on, but went away in half an hour, and left behind considerable alleviation. The appetite, as well as the digestion, perceptibly improved.

July 6th. Violent palpitations of the heart on the perspiration breaking out, so that the patient must be taken out of the blanket to prevent the feeling of suffocation : he became exceedingly uneasy. After using the bath, the heart is as quiet as during perfect health ; sleep good ; patient drinks already thirty or forty glasses of cold water daily.

July 12th. The new openings are healing, others are in course of formation, causing a feeling of pain about them ; the leg is still twisted backwards ; the knee joint immovable, and more swollen and painful than before.

July 18th. Cold bandages are placed on the breast on account of the palpitations ; in the evening a sitting bath for half an hour ; the cold ablutions three quarters of an hour. The face is now fuller, the eyes less sunken and more lively. Douche applied ten minutes every day.

July 26th. Patient complains of oppression in the head, want of appetite, much thirst, anxiety of mind, lassitude in the limbs, alternations of heat and shivering, dry burning skin during the whole night. He was wrapt up in wet linen ; towards the morning vomited some bilious matter, and felt his head relieved.

July 27th. An eruption on the upper and lower limbs, as well as on the breast, and in greater profusion on the diseased limbs ; much thirst, with a sensation of hoarseness in the throat, and an inclination to cough.

July 28th. The eruption is coming to maturity ; the little blisters contain a liquid, resembling milk. The sweating and bathing have been omitted some days ; the patient drinks much cold water and takes little food.

July 29th. The blisters, that first came, have burst and peeled off in small pieces ; the feverish symptoms and the hoarseness in the throat have vanished, but the tendency to cough remains. The treatment is continued, with some additions to the food.

August 6th. The eruptions on the diseased limb have disappeared, and, in their place, others have come and constantly cover it ; pieces of bone are thrown out from several of the openings, and occasion a feeling of pain ; the cold ablutions are now used for an hour.

August 12th. An hour's sweating twice a day ; from two openings, pieces of bone again thrown out, brittle and worm-eaten in appearance. The douche taken for fifteen minutes.

August 20th. Patient feels in the diseased limb, as if something was cracking, and about to come away ; he can now walk without crutches. He is much annoyed by the sweating ; which wearies him, and he frequently begs to be unpacked. The perspiration is no longer fœtid.

August 30th. When the sweating was renewed, the former symptoms having disappeared, and the douche was used for twenty minutes, and cold ablutions for an hour and a half.

September 6th. In consequence of increased strength of

body the patient can now walk some distance without a stick ; the cracking hollow sound in the diseased knee joint is more perceptible, and there is a sort of convulsion in the limb as well as in the knee pan ; during the treatment the diseased limb was necessarily bound with wet bandages, to bring it into a state of perspiration with the rest of the body.

September 14th. For some days new openings have appeared, and the linen is considerably stained by the matter they excrete ; the ulcers which had commenced some weeks ago, are most of them healed ; the fore part of the limb can already bear stretching out.

September 22nd. For some days, pieces of bone have come out with much pain from the recent openings ; the diseased part, however, is in consequence stronger, fuller, and more pliant. The application of cold water is continued without any omission.

October 1st. The skin, which before was inert, lax, shrivelled, and foul, has quite a healthy appearance, and is easily excited to perspiration ; the palpitations, during the sweating, have entirely ceased ; and the diseased limb perspires without the aid of wet bandages.

October 12th. The patient's health continues to improve visibly ; except the recent ulcers, nothing particular has occurred.

October 24th. The eruption on the sore limb has for some time increased. How acrid the exsudations and excretions from the sores are, is seen in the linen used. The stains upon it can in part only be removed by soap and warm water ; after every washing, spots still remain. Once a day sweating.

November 6th. The hair, which had fallen off, has come

on again during the treatment, the same in quantity, colour and in other qualities. Cough rare ; the knee pan admits of being moved to either side. The fore part of the limb can be stretched out still further, and the patient can walk a distance of six or eight miles.

November 16th. The cough is quite gone. The openings of the ulcers are healed, except two, from which but little watery stuff exsudes. The boil in the diseased knee joint is completely removed. Sweating continued.

November 26th. The two openings of the ulcers discharge and appear to be healing. From the thirty-six openings, up to this time, has been thrown out an ounce of various loose, worm-eaten pieces of bone.

December 6th. The whole body has recovered its strength ; the muscles have acquired their fulness again. The limb, which, while diseased, had completely fallen away, is as healthy as the sound one ; motion in every direction is free ; the patient can step out on the whole foot ; all the functions are regular ; he enjoys his new existence, and expresses his gratitude to the fresh, cold, pure, spring water, with tears of thankfulness and joy. The patient quitted the establishment on the 6th of December, 1839, to assist his parents by his industry in earning their scanty fare.

After reading the above case, who can for a moment dispute the superiority of the water treatment over the exhibition of drugs. Glandular swellings, and ulcerations of a scrofulous character, are treated with astonishing success by the cold water system ; by this treatment, we draw the humours from the superior parts, and the benefit the patient derives is immense. In order to secure such beneficial effects, as stated in the above case ; the whole

treatment must be perseveringly submitted to, for a sufficient length of time. It is of no use, in bad cases, for the patients to submit to the treatment for five or six weeks, as many months is as short a period as we can expect will unfold such gratifying results as we desire. It is well known that these diseases disappear in the West Indies, and other warm climates ; and the sweating blanket, aided by the cold baths, &c., so act on the skin as to produce effects, similar to what are obtained by removal to a warm climate, without the expense or inconvenience of travelling to a Foreign clime.

Patients labouring under this disease, should not drink too much water at the commencement of the treatment ; say six or eight glasses each day, and increase it cautiously as the symptoms may require it. Such invalids can sometimes have a considerable quantity.

The eminent German physiologist, Liebig, has shown that drinking much water breaks down the red globules in the blood : an excess of this fluid, therefore, tends directly to reduce the vitality of the blood, for that vitality is inseparable from the integrity of the red globules. No injury whatever results from drinking a proper quantity ; on the contrary, I am quite certain, (says Dr. Graham,) that it is then a remedy of vast power in many diseases.

Liebig mentions another important fact, viz : that if common salt be added to the water ; it prevents its having that dissolving and destructive influence on the red globules of the blood. Dr. Graham says, one of the most common and dangerous symptoms of malignant *Cholera* is a black, broken appearance of the blood, in which it seems to have lost almost all its fluidity, and power of stimulating the heart,—hence, the deathly coldness, and dreadful

cramps of this disease. Common salt has been found one of the most efficacious substances which can possibly be given in *Cholera*; and there can be no doubt it acts instantly on the blood, restores its fluidity and vitality, and thus enables the constitution to rally under the grasp of this terrific enemy.

The necessity of a due supply of common salt to the healthy actions of the human frame has been fully proved; but the great value of this article in promoting health, and removing disease, is but half apprehended. The vast importance of its external use, dissolved in water; as well as of its proper internal administration, in certain cases of debility; more especially in those where a dark yellowish, or pasty complexion, and a feeble circulation, indicate a probable diminution of saline matter in this pabulum of life. *If you take away the salt, throw the meat to the dogs*,—is an old saying.

The blood may perform its functions without the red colouring matter; but, in every part of the world where healthy blood has been analyzed, it has invariably been found to contain a given proportion of certain salts, of which *muria of soda*, or common salt, is the chief. They are never absent from the blood in health. Without them, the blood can no more perform its functions, and support life, than air, without oxygen, can purify the vital current in the pulmonary organs. They are one cause of the fluidity of the solid ingredients, and of its stimulating quality; and they add also to the power which it possesses of preserving itself, even in a temperature of all others the most favourable to the putrefactive process. Therefore, we cannot be surprised, that when these salts are lost, or greatly diminished, as in the last stage of some

fevers, in cholera, and even in some chronic maladies, diabetes for example, the blood becomes black, exactly in proportion to the diminution of its saline matter.

EXTRACTS.

The following are a number of extracts from different authors who have visited Graefenberg, and related in their works what they have seen and heard of that wonderful *man*, Mr. Vincent Priessnitz.

THE CRISIS, BY CAPTAIN CLARIDGE.

The crisis is a period in the treatment when nature is about to resume her power over the disease, when the latter has been attacked, and is struggling to escape. It may be compared to a tiger, which a man is tempting in its lair. For a long or short time, depending upon the caprice of the animal, it lies dormant, only occasionally giving signs of existence, when suddenly it rouses, and a violent struggle ensues. The man, however, proves the stronger of the two, and the animal retires worsted in the encounter. In all future attacks, too, which are even less vigorous than the first, the tiger is defeated, until it finally quits its lair, and flies from its human conqueror. Thus, at last, are old chronic diseases eradicated ; in acute cases, the first encounter very often settles the affair. It is in a crisis that the giant mind, the wonderful genius of Mr. Priessnitz are made manifest. Such is the unbounded confidence of the patients in him, that every one ardently desires to pass through this ordeal, it being the sure road to health. It must be here

observed, that though this is very often a painful period, the assuaging power of water, the non-necessity for confinement and change of diet, added to the perfect security which every one feels as to the result, renders it tolerable ; and the stranger is struck by the novelty of hearing people compliment one another on being informed that they have passed a feverish night, or that a rash or boils have broken out on some part of the body. This is, however, soon explained by the knowledge which they acquire at Graefenberg, that these are some of nature's means of resuming her wonted empire over the system. In and amongst the various discharges or evacuations which lead to the detection of disease, perspiration is more remarkable by its frequency. This could not escape the observing genius of Priessnitz ; and it consequently became one of the chief agents or instruments in his mode of cure. "If we consider," says he, "the quietude of the circulating and respiratory organs when not stimulated by drugs, or agitated by any violent movement of the body or mind, we can easily conceive that cold water drank during a perspiration caused by the concentration of the natural heat of the body, by blankets or other coverings, which are brought in immediate contact with the skin, far from deteriorating the constitution, must greatly refresh and relieve it."

This is a fact which all invalids who have tried the experiment readily admit. An officer in the Prussian army, author of the most concise and best written work on the Cold Water Cure, told the author that six years ago he was radically cured at Graefenberg, of a complication of diseases, to the astonishment of all the medical men whom he had previously consulted ; that he had the so-called crisis there ; the first crisis was painful and distressing in

the extreme ; rheumatism returned to each part where he had previously felt it ; his feet, which several years before had suffered from having been trod upon by a horse, was exceedingly painful ; his hands and feet became double their ordinary size, and any one might have tracked his path to the bath by the discharge from the latter. This lasted for about ten days. Afterwards, he had two other attacks, each inferior in intensity to the preceding one. After the last, he found that his hearing, which he had lost for two years was perfectly restored ; he could walk as well as ever he did, a necessary pleasure of which rheumatism had altogether deprived him ; in fact, he was a new man, and since that period he has been perfectly well. This gentleman said, that whilst in a fortress, after his cure, with his regiment, almost all the officers, except himself, suffered from influenza, which he completely escaped, from drinking cold water, and making several ablutions a day. Not only did these means preserve his own health, but he had the great satisfaction of being useful to his aged mother, through their medium. This lady, on awakening one morning, found that she was wholly deprived of the use of one side of her body. As she lived in the country, far from any physician, nothing remained but for the officer to exercise the knowledge he had gained at Graefenberg, and in this he proceeded as follows :

First, he caused three women to rub her as hard as they could all over, particularly on the side afflicted, with their hands dipped in cold water, for half an hour ; then he had her placed in a wet sheet for about the same time ; and from that immersed in a bath with the chill off the water ; here the women again rubbed her for fifteen minutes ; she was then dressed, and was able to walk about and use her

limbs as if nothing had happened. The following allegorical lines, we think, might, with great justice, be literally applied by the individual who has passed through the crisis, and been restored to health at Graefenberg.

“ Most blessed water ; neither tongue can tell
The blessedness thereof, nor heart can think,
Save only those to whom it hath been given
To taste of that divinest gift of heaven.
I stopp'd and drank of that divinest well,
Fresh from the rock of ages where it ran ;
It had a heavenly quality to quell
All pain ; I rose a renovated man ;
And would not now, when that relief was known,
For worlds the needful suffering have forgone.”

SOUTHEY.

THE FOLLOWING IS FROM

H. C. WRIGHT'S SIX MONTHS AT GRAEFENBERG.

A more interesting work I never read. After giving a description of Priessnitz's establishment, he writes as follows :

“ No where will you find a greater variety of character within a small space than in the saloon at Graefenberg. Attracted thither in search of health from all parts of Christendom, upwards of one hundred individuals sit down to meat daily, and the diversity of language, costume, complexion, and manners may be imagined. Materials for romance, and subjects of absorbing interest to the observer of human nature, lie thickly around you in this little republic—this pure democracy in the midst of a pure despotism. The patients looked so healthy and eat so heartily, that our first impression was, that there must be some mistake, and that these persons could not be on the sick-

list. We supped amongst them on the evening of our arrival, and made our arrangements to have an interview with Priessnitz on the following day. Accordingly he visited us on the 11th of January, 1844, examined us, and prescribed for us, giving his directions to our bade-diener, (or servant) whose business it was to see his prescriptions carried into effect. We commenced on the following morning, and I followed the same treatment, with little variation, during my residence at Graefenberg.

My lungs, I was assured by my medical advisers, were ulcerated, and my organ of speech and respiration diseased ; my chest, which was formerly very full and prominent, had fallen in. My breathing, once deep and strong, was difficult and painful ; my sleep, never very sound, much more disturbed than usual. I had a dry and sometimes painful cough for more than a year ; a short walk made me perspire, and I was subject to night perspirations. I was conscious of great weakness compared with my former strength ; and my constitution, originally exceedingly vigorous, had received a shock from which I never expected to recover. I am forty six years of age, and such has been the soundness of my constitution and my general health, that I was never confined to the house by sickness one day in my life. I had never been bled or blistered, had never swallowed an emetic or a particle of calomel, nor indeed ten shillings' worth of medicine of any kind. Cold water had been my only drink for fifteen years ; no alcoholic liquors fermented or distilled, no tea, no chocolate, no warm drink of any kind had passed my lips during that time ; and I had been exposed to the extremes of heat and cold, from 100° above, to 10° below zero, (Fahr.) by night and by day, by land and by sea. But

continued public speaking during the last twelve years, in the United States, and in England and Scotland, in connection with Sabbath-schools, and for the promotion of Teetotalism, Anti-slavery, and Peace,—had at length affected my lungs, and caused a general prostration of my physical nature. For three years past I had worn warm flannel next to my skin in summer and winter, thinking that I could not live without it. I had usually worn cotton, worsted, silk, or fur mufflers round my neck, to keep as far as possible all cold fresh air from my throat, chest, and lungs. I had used every precaution to keep the pure fresh air from the surface of my body, supposing that health and comfort are promoted by keeping the skin as much as possible from the direct action of the air. As I had for years been accustomed to bathe and wash myself in cold water every morning, both winter and summer, I had no fear of its effects when applied as soon as I left my bed in the morning; yet I was afraid to let the cold air circulate freely about me, not reflecting that if my body could with benefit receive cold water on its surface, cold air could not injure it.

I commenced the Water Cure at Graefenberg, under the directions of Priessnitz, on the 12th of last January. The weather was exceedingly cold, the thermometer (Fahr.) nearly at zero. All my flannels were laid aside; my silk, cotton, worsted, and fur mufflers were thrown off. I was ordered two leintuchs (wet sheets) daily, one at five in the morning, the other at five in the evening, with a cold bath after each. At first, for about a week, I took the *abgeschrecktebad* (tepid shallow bath) instead of the cold bath, after the leintuch. At eleven, A. M., I had a *sitz bath* (sitting bath) for fifteen minutes. I wore the *umschlag*

(a damp bandage covered by a dry one,) round my body, and changed it four times a day. Every morning before breakfast, be the weather ever so inclement, I walked four, or six, or sometimes eight miles, having previously drunk six or eight tumblers of cold water. I also took a walk after the sitz bath and evening leintuch, to excite re-action. This treatment lasted for three months. I afterwards took the douche, or water-fall bath once a day, and instead of the evening leintuch and cold bath, two abreihungs (wet sheet baths) at intervals of an hour.

From the first I found the cure exceedingly stimulating. The various external and internal applications of cold water, the out-door exercise and pure air, which in my walks I allowed to circulate about my neck, throat, and chest, as much as possible, had, during the first three months, a most invigorating effect. A rash appeared upon my neck, chest, and shoulders, and round my body under the umschlag, and was rather annoying from the burning and itching which it occasioned. My cough ceased ; I had a voracious appetite ; I found that my breathing grew deeper, stronger, and easier, and that I could climb the mountains more rapidly, and with less panting.

But a painful change was at hand. About the 1st of April, all my joints, and especially my knees, began to grow stiff, sore, and weak ; walking became painful, and after sitting a few moments I found it difficult to straighten my knees. I became gloomy and disheartened ; but was assured by those about me that these were favourable symptoms, being evidence that the cure was taking effect. The whole surface of my body, even my hands and face, became very sensitive to the touch of cold water. It seemed as if my nerves were laid bare. I had a perfect horror of cold

water, a kind of hydrophobia. As the spring advanced, and the weather grew milder but damper, the cure became more intolerable. I found the damp weather of April and May far worse than the cold of January and February. I became afflicted with acute and throbbing pain in my teeth, jaws, and face, for which I was directed to rub the back of my head, and my neck and face with my hands, wet in cold water. I was also ordered to rub my knees frequently in the same way. This was the crisis, and for some weeks I was as miserable as the most enthusiastic admirer of the Water Cure could desire. Indeed I was often congratulated on my misery, which was regarded as the prelude to a speedy cure. At the close of April, I had boils on my arms, hands, fingers, and chin, and nearly all over my body. They suppurated and discharged ; and during the month of May they all healed, and none have since appeared.

I have continued the application of cold water, externally and internally, with free exercise in the open air. Since I left off the cure as a cure, I take it as a luxury. I feel that all disease is removed from my lungs ; my chest has recovered its natural fulness, and my breathing its usual ease and freedom ; my cough is entirely gone, and my voice is as strong and deep-toned as ever it was. I think great violence must be done to my lungs before disease can again fasten upon them. What I may yet enjoy of health and physical comfort, I owe, under Providence, to the Water Cure, and to the kind friends who, against my will, almost compelled me to go there. During my experience of the cure, nothing surprised me more than the perfect safety with which I cast away my warm, comfortable flannels and mufflers. A terrible cold upon my lungs and an increase of

cough were the least that I expected ; but I was agreeably disappointed. In my walks, for three months, I had no hat or cap on my head, no handkerchief round my neck, nor even my shirt collar buttoned. My clothes have often been completely drenched with snow and rain, and my hair filled with snow ; but I have not had the slightest cold upon my lungs, nor any which a leintuch or one night's rest has not cured. My only remedy has been to take an abreibung and put on dry clothes, on returning to my room to take off my wet clothes. This simple process has not only saved me from taking cold, but also from the effects of over exertion.

After my experience at Graefenberg, I shall never again have any fear of colds, or influenza, or fevers, however violent, if I have but the means of applying the Water Cure. It is impossible to fear these diseases, after seeing the most malignant fevers so easily and speedily subdued by a remedy that leaves no sting behind."

He here mentions a malignant case of Small Pox which you will see on page 51, and then goes on to say :—

"When attacked with pain in my teeth and jaws, I applied to Priessnitz for advice. He ordered me to dip my hand in cold water, and rub the back of my head and neck with it frequently. I did so, and was often obliged by the pain to get out of my bed at night to operate in this way. After rubbing for ten or fifteen minutes, the pain would cease for hours, and when it returned another rubbing would remove it. In a short time the pain returned at longer intervals, and at length it disappeared altogether.

I went to Graefenberg resolved to submit implicitly to Priessnitz's directions. I did so, and was restored to health. I am certain that my long abstinence from all alcoholic

and warm drinks, and my disuse of tobacco in all its modes, and of medical drugs, have been powerful aids to my recovery. If any one will make cold water his only beverage, and abstain entirely from the use of medicine, he will find the Water Cure sufficient to cure any disease that may assail him, if it be not absolutely incurable, and if he be determined to persevere in whatever process may be requisite for his recovery. But whoever expects to find health by the Water Cure while wrapped up in flannels, and lounging in easy chairs and on sofas, in a warm, air-tight room, without personal exertion and activity, will certainly be disappointed ; for persevering exercise in the pure fresh air is an essential element of the cure.

H. C. WRIGHT.

Cases of cure from Dr. Johnson's excellent work on the Water Cure. After a few introductory remarks, he mentions cases cured by himself, some time before he went to Graefenberg. "Before I proceed to the detail of cases treated at Graefenberg," he says, "I will mention two remarkable ones which I treated myself by cold water alone, more than twenty years ago—that is, before its efficacy, as a remedial agent, was known, even to Priessnitz himself. I mention these, merely to show how early in life I had been led, by general observation and reasoning, to form a high opinion of cold water in the treatment of disease.

"Somewhat more than twenty years ago I became the subject of a very uncommonly severe attack of acute Rheumatic Fever. I was attended by Dr. Birkbeck and Dr. Thomas Davis, who afterwards became physician to the London hospital. I was also daily visited by some other

medical gentlemen living in my neighbourhood. They were exceedingly kind and attentive to me, for which I shall never cease to feel most grateful, and I am quite certain that my case was treated in the most scientific manner, that is, according to the accepted medical science of that day. I was three times bled in the arm, and took frequently repeated doses of calchicum, which produced excessive and continued vomiting. These powerful means, however, failed to remove the pain, but reduced me to so low a degree of exhaustion, that the fever began to assume the typhoid or nervous character. My wife was now told not to calculate upon my recovery, and ordered to give me brandy, repeatedly and at short intervals, during the course of the night. At this time my skin was excessively hot, and the bed clothes oppressive. I begged and prayed for cold water to drink, and to have myself washed all over in cold water. Every thing that was delicious and desirable in the universe seemed to be represented by these two words—cold water. My wife at last yielded to my entreaties—and the more so, inasmuch as she had often heard me enlarge upon the efficacy of cold ablutions in fevers and many other diseases, and lament that popular prejudice would not suffer me to employ it so frequently as I desired. She had, moreover, herself, on one occasion, been plucked from agony and sudden danger by the use of snow.

The cold ablution and large draughts of cold water were immediately exhibited, and industriously and frequently repeated night and day.

In a week, with the exception of the debility consequent on the loss of so much blood, I was quite well.

The second case occurred in the person of my wife about

a year previously to that which I have just mentioned. On the evening of the third day after her first accouchment, I came home from Guy's Hospital, where I had been detained since morning, and found her groaning and weeping with intense pain, the breasts red and enormously enlarged, which the frightened nurse was vehemently rubbing with brandy and oil. The skin was excessively hot and dry, and the pulse was leaping along at the rate of one hundred and twenty. It was in the month of January,—so I walked into the street with a pail, which I filled with snow, and bringing it into the sick room, I piled a heap of it over both her breasts, continually adding fresh snow as it melted. In a very few minutes the milk span out in streams, to the distance of more than a foot, and the tears of torture were at once changed for those of pleasure, accompanied by that hysterical sobbing, which is the common result of a sudden transition from intense suffering to perfect ease. The mere absence of pain in these cases takes all the characters of the most delicious and positive pleasurable sensations. In half an hour, the inflammation had subsided, the breasts had become comparatively flaccid, the fever had entirely subsided, and not only all danger, but all inconvenience, had utterly vanished. But for this timely succour, suppuration must have supervened in both breasts, and large abscesses would have been the inevitable consequence.

GRAEFENBERG CASES.

These fell under Dr. Johnson's own immediate notice and personal examination, while undergoing the Water Cure at Graefenberg :

While I was staying at Graefenberg, during the first week in January, of the present year, (1843) Herr Fricks, a young Prussian, aged twenty-seven years, arrived from Stettin. He had been totally deaf for ten years, his deafness having been produced by a severe attack of typhus fever. During the course, however, of the whole ten years his hearing returned three times, but only remained a day or two, when he became again as deaf as ever. Having undergone treatment for twelve days, a large quantity of matter issued from his nose. He immediately regained his perfect hearing, and remained quite well up to the time when I left Graefenberg, a period of about six weeks.

Dr. Johnson relates another case of confirmed deafness, of several years standing, which was perfectly cured in six weeks.

One of the first cases which attracted my attention, after my arrival at Graefenberg, was a case of hip disease, a child eight years of age, and the daughter of highly respectable parents at Hamburgh. On inquiry of the child's governess, she stated that the hip had become enlarged rather more than two years ago, that the tumefaction gradually increased, that the child constantly complained of pain in the knee, that the leg and thigh became gradually wasted, that the knee joint became firmly contracted, and bent nearly at right angles, so that she could only walk with two crutches, the other limb being weak, and the general habit of the child delicate, and, in fact, scrofulous. When I left Graefenberg, I saw this child galloping about in the snow, by the side of her governess, without anything to distinguish her from a perfectly healthy child, excepting a little limp in her gait.

Alexander Klauke, aged three years, was a fine lively

child, but with a disposition to inflammatory affections of the stomach and bowels. A month previous to the present disease he had an attack of inflammation of the stomach, accompanied with strong fever, and determination to the head. In the evening the child was put into a bath not quite cold, in which he remained about twenty minutes, additional cold water being added as the temperature arose by the heat from the child. During this time cold water was poured from a tumbler glass on the head, repeated at intervals of a minute, and, as is usual, his whole body was rubbed cautiously by the maid. He was then taken out of the bath and placed on the sofa, covered over with a sheet and blanket, with the back part of his head in cold water, for ten minutes. By this time reaction had taken place, wet compresses were applied to the head and back part of the neck, and the body, from the arm-pits to the hips, wrapped in a similar way. He slept quietly till three o'clock in the morning, when the same process was repeated, the previous symptoms having returned. The child was again placed in bed, where he slept till morning, and was then found to be quite well, and went out as usual.

A month after this attack he was taken ill in a similar way, but with symptoms much more severe. The fever running high, and accompanied by delirium. The treatment was commenced by placing him successively in nine wet sheets, from which the water was but slightly wrung out. In each of these he remained about five minutes. Towards the last, the heat being diminished, he was allowed to remain ten minutes. To the head and breast a thick wet compress applied in addition, these being the parts where the heat was greatest. The feet were cold,

and as long as they remained so, the wet sheet was only applied down to the knees ; in the mean time the feet and legs were rubbed strongly with the hands. While the extreme heat continued, the wet sheet was covered by a thick dry one, instead of a blanket as is usual, the feet only being covered (with the blanket). After the last wet sheet, he was placed at once in a tepid bath, where he remained an hour, the same process of rubbing and pouring water over the head being practised. The first day the same process was repeated four times, the duration of the last being not so long, when the fever was not so high. During the night the wet cloth was changed every half hour. On the morning of the second day the child refused to go into the water, calling out himself, at intervals, for additional wet sheets. Orders were given that the inclination of the child should be obeyed. In the course of the morning, the child himself desired that he might be put into the bath, where he remained until the heat in the arm-pits, and the back of the neck, was the same as on the rest of the body ; this being the general guide for the duration of a bath.

The same treatment, slightly varied, was continued four days, when the child was well, and was sent out to play with the other children. In eight days after this a pustule appeared on the foot, which discharged matter freely.

An English lady now at Graefenberg, on her husband's account, was subject, in England, to verry severe attacks of catarrh, (or cold,) which usually lasted her a month before she could get entirely rid of it. Soon after her arrival at Graefenberg she had a very severe attack. She was treated by the wet sheet and tepid bath alternately,

for two days, which entirely removed every trace of the catarrh.

ASSESSOR WILLERT'S CASE.

This gentleman came under the hydropathic treatment for a very old rheumatic affection. When he arrived at Graefenburg, his entire head was perfectly bald and smooth. I had an opportunity of examining his head soon after I myself reached Graefenberg; which I did with the more care, having heard that it was expected during his treatment, that his hair would probably return. Shortly before I left Graefenburg, I was requested to go and examine Assessor Willert's head once more. I did so, and found it every where covered with a fine new hair, nearly half an inch in length. There can be no doubt whatever that this gentlemen's head will shortly be covered with hair as luxuriant as at any former period of his life. His age, judging from his appearance, (for I did not inquire) is about seven or eight and thirty.

AGUE.

A general officer in the British army, well known at the Horse Guards, still staying at Boemischdorf, and whose permission I have to give his name to any private applicant, was attacked with ague. After enduring two or three fits, in the hope that it would leave him, he sent for Priessnitz. When Priessnitz arrived, he was in the third or sweating stage. He was immediately placed in a bath at 16 degrees of Reaumur, or 68 of Fahrenheit. Here he

was kept for twenty minutes, being well rubbed all the time by two men. After this he walked about the apartment for half an hour, and then went to bed. The ague left him and never returned.

In the month of May, 1842, Mrs. Klauke, (aged about twenty-five,) was seized with pains in the head and back, and calves of the legs. Her face, neck, arms, and legs, and subsequently the whole body, became brightly scarlet, and she complained of a soreness in the throat. The pulse was rapid, and skin dry. She was packed in the wet sheet for half an hour, then rubbed all over in a tepid bath for twenty minutes with the wet hand. She was now ordered to wear a wet bandage round her stomach, night and day. When she felt cold she was rubbed down with the wet sheet,—when hot, packed in the wet sheet ; and so on all through. The tepid bath was suspended until by the application of a succession of sheets the fever was reduced. Then the tepid bath was repeated. Every morning she was packed up in a blanket, in which she was allowed to perspire for an hour ; then she was put into the tepid bath. This treatment was continued for a fortnight. At the close of the sixth day all fever was extinguished, and at the close of the whole treatment her strength was undiminished. In addition to the above, a lavement of cold water was administered every night. During the whole time she ate and drank as usual, and one evening went to a ball, (in the saloon of Priessnitz's establishment) and danced for hours, whilst her whole body was crimson with scarlatina. On returning home from the dance, she was rubbed down with a wet sheet, went to bed and slept soundly. Dr. E. J.

CANCER.

I shall doubtless astonish my readers (says Captain Clarridge) when I assert that cold water is the most certain cure for cancer: this is nevertheless true. The treatment is the same as that of ulcers, with the exception of the employment of perspiration. For cancer, the invalid should perspire for a longer period every day. One remarkable case which I witnessed at Graefenberg, was that of an invalid who had formerly suffered from a cancer in the mouth, which was cured, but the disease not eradicated. Some years after, an abscess formed in the left instep. After nine months of medical treatment, the doctors found that they could not prevent the disease entering the bone. It at length became so serious, that no other resource was left but amputation. This the invalid refused to submit to; saying he would go to Graefenberg. The doctors endeavoured to dissuade him, but he persisted in his resolution, which, however, he only carried into execution after remaining nine months in the hospital, where he became a skeleton, and so weak that he could not walk a step. Three weeks after his arrival at Graefenberg, he could walk with the assistance of a stick; the ulcer alluded to cured. Another appeared on the right foot, which kept the invalid confined to his room six weeks. At length the cure was effected, and the ulcers disappeared altogether. One would scarcely believe that a patient who was reduced to skin and bone, should, during this treatment, become so stout that his clothes would not fit him, notwithstanding his having perspired for some hours every day; yet such was the fact. There is nothing to fear in the cold water treatment; for although a quantity of the

juices are lost by the perspiration, they are more than replaced. By means of the enormous appetite possessed by the invalid at Graefenberg, they not only gain that which they have lost, but acquire new strength. This is not the case with any other method of perspiration.

On the arrival of the invalid last alluded to, Priessnitz praised him for having refused to submit to amputation, which could not have cured him, the cause of his disease being syphilis. This case required altogether nine months to cure. This is certainly a long time ; but previous to that, the invalid had passed the same time in an hospital, where, after being tortured by drugs, hot rooms, &c., his misery was rendered complete by the doctors declaring, that nothing remained but amputation.

A lady had a cancer in her breast ; the disease continued to increase, in spite of all the remedies, internal and external, applied ; at last amputation was proposed, to which the invalid agreed. On seeing the instruments, she fainted ; the operation was postponed till the following day : in the interim, some one spoke of Graefenberg, where she determined to go. After following the treatment there for six weeks, the breast became so much better, that she returned home, where Priessnitz advised her to continue the cure, which was soon crowned with complete success.

The Marquis D——, a French nobleman, accompanied a friend on a visit into Galicia, six weeks before I left Graefenberg. Almost as soon as they arrived, a dysentery broke out, which carried off great numbers in the neighbourhood, and finally, a gentleman who was on a visit in the same house. This so alarmed the Marquis's companion, that he also had the dysentery, upon which he

declared his conviction, that unless they left immediately, he would follow his friend to the tomb : upon this they quitted for Graefenberg.

This gentleman told me, that he never thought it possible any human being could endure what he had for forty-eight hours, the time required for the journey ; but notwithstanding that, on arriving within the confines of Graefenberg, he said jokingly to the Marquis, " Now I have nothing more to do with it ; now it is Priessnitz's affair." They arrived in the night and sent, without loss of time, to call Mr. Priessnitz up, who, as soon as he understood what was the matter, in his cool confident manner replied, " Das ist nichts," or it is a mere nothing. In a few days the patient was perfectly recovered. The Marquis soon after also fell ill of the same complaint, and then he also experienced the beneficial effects of Hydropathy. An English medical man called the author's attention, at Graefenberg, to an individual about sixty years of age, who passed them as they were talking together, and said, that on his first arrival at Graefenberg, before he had the greatest confidence in Hydropathy himself, he was astonished one morning, at the great bath, on being accosted by that person, who said, " Doctor, this is a trying moment for me : I have been afflicted with asthma for upwards of thirty years, during which period I have hardly ever touched cold water, and now, after having perspired for an hour, I am to plunge into the cold bath. Do not you think it dangerous ? The doctor inquired, " Are you sure that Priessnitz ordered it ? " He replied in the affirmative. " Then," said the doctor, " you have no alternative ; so follow me : " upon which they both went into the bath. This man was perfectly cured of his

asthma in three weeks. He staid at Graefenberg some months after this for some other complaint, during which time he never had the slightest return of his asthma.

A Countess living one hundred and fifty miles from Graefenberg, was reduced to the last extremity, having been confined to her bed for two years. Her husband came to Graefenberg to consult Mr. Priessnitz. The latter sent off immediately one of the women of his establishment for the Countess, with orders to put her in a wet sheet, and change it often during the journey. This was done ; she arrived almost a skeleton. In a week, she was taking an airing in her carriage. In three weeks, she was able to sit upright in her carriage ; and shortly after, began to walk in her chamber. She continued in this state when the author left, but she fully expected to walk out of doors in a fortnight. To see this lady, on first coming, extended like a corpse in her carriage, in three weeks to see her propped up by pillows, and in six to see her upright and laughing, with flesh and bloom on her cheeks, was regarded by every one as something little short of a miracle.

One object that interested me very much was a gentleman, supported by two crutches, and led by a servant. On inquiry, I found he was a medical man, from Sweden ; that two days previous to the one when I saw him, he had had a fever ; that during the day Mr. Priessnitz had applied no less than eighteen wet sheets, and than a bath. In a week I was astonished to see this person going up to Graefenberg with the use of only a stick, and in ten days more he was as upright, and walking as well as anybody else.

At a ball which took place every week at Graefenberg,

I saw an aged female using two crutches, and supported by a servant. I was informed that this lady, previously to coming to Graefenberg, had been confined four years, the first two years to her bed, and the last two years, not being able to support an horizontal position, had been supported day and night by pillows. She had only been here three weeks, and was then able to be brought into the ball room. She made daily progress, and, when I left, was walking out of doors with the use of a stick.

A lady, from general debility, was brought to Graefenberg in a carriage built on purpose, so that the sofa might be taken in and out. She told me, that for ten years she had not had the use of her legs ; in two months, at Graefenberg, she was walking about ; though to eradicate the cause of her complaint, Mr. Priessnitz said she must stay twelve months. Not being a medical man, I do not know what disease this lady was labouring under.

A man, from a violent cold, lost the use of his limbs ; he came here on crutches ; in six weeks he was walking as well as other people.

A Polish countess, from gout, and a complication of diseases, had lost the use of her feet and hands ; she was so bad, that Mr. Priessnitz refused her until she declared that she would not return home, rather preferring to die at Freiwaldau. Mr. Priessnitz, with his usual good nature, said he would try her for some time ; at the end of six weeks, he constantly asked her if she had no pains in the back ; at length they arrived, and a large boil came in the back ; when this broke, she, for the first time during eight years, was able to hold a pen, and write to her husband.

The daughter of a colonel in the Austrian service, who had sought medical aid and the waters of Germany in vain,

came to Graefenberg ; she commenced the cure, and was soon in the crisis. The alarm this occasioned the mother, and her increasing attention to her daughter, brought on a severe fever. Both these persons were now treated at the same time, and both were restored to better health than they had ever enjoyed before. The colonel, who is upwards of seventy years of age, having obtained leave of absence for three or four months, proceeded to Graefenberg to his family. Besides some other ailment, he had been deaf for thirty years. He was delighted with the treatment, as it produced in him a degree of strength and buoyance of spirit quite extraordinary. One day, sitting in the woods, he heard the rustling of the leaves and singing of the birds ; upon this he ran to Priessnitz, and, in the greatest delight, declared he had regained his hearing. " Ah ! " said the great man, " this is but temporary ; " and so it proved ; for the next day he was as deaf as before. On another accasion, whilst at table, he heard such a clattering of knives and forks, such a buz of conversation, that it was too much for him, and he was obliged to leave the room. This again was declared illusory. " But," said Mr. Priessnitz, " now it is quite certain, that if you stay three months longer, you will perfectly regain your hearing." He could not do so, but said he would continue the curative method at home.

A lieutenant had his nerves in so great a state of irritation, that the least noise, the barking of a dog, the firing of a pistol, would cause such a head ache that he would faint. To relieve this, he had accustomed himself to warm foot baths. Tired of suffering, he came to Graefenberg, perspired a little, took every day two cold baths, besides head baths and sitting baths, as revulsive measures. This

treatment was limited to three weeks, after which he continued his journey. He intended following up the cure at home. Priessnitz approved of his resolution, and advised him to walk a great deal ; to ascend the hills, to ride often on horseback, in order to fortify himself, also to be enabled to bear fatigue.

Another sufferer came to Graefenberg with an exfoliation in the corner of the eye. To the whole of the treatment Priessnitz added eye baths ; after each of which, the invalid was to look fixedly at the light, and immediately to plunge the eyes into cold water. This man, who was perfectly blind on coming, was, on leaving Graefenberg, able to read with spectacles.

Another patient presented a very remarkable case of blindness, the result of cold caught during hunting, by which he lost his sight. He had been nine months blind when he arrived at Graefenberg : after each process of perspiration, which he submitted to twice a day, the bath and the head bath, matter, mixed with blood, came from the eyes. One might say some pounds exuded from the eyes in the course of three weeks. I did not see the termination of this cure, before leaving Graefenberg ; but I can affirm, that the last time I spoke to the invalid, he could distinguish colours, and also objects at certain distances. C. C.

“About six weeks before I left Graefenberg,” says H. C. Wright, “a gentleman from New York, who for several years had been terribly afflicted with dyspepsia, (or difficulty of digestion) which is very common in the United States, arrived. He had not been able to eat any solid food without pain ; he had spent vast sums upon physicians, and in travelling for health ; he had long been in the habit of rejecting his food as soon as it was eaten, and had become

exceedingly careful as to the quality and quantity of his diet. So enfeebled and sensitive had his powers of digestion become, that all kinds of food caused him pain. He began the cure by using the wet bandage, and soon experienced its benefits in a very remarkable degree. He sat at the common table in the saloon ; partook freely of whatever was provided ; drank cold water unsparingly, which he had not done for years ; had no return of his dyspepsia ; and of course felt that in these six weeks, he had been more than repaid for the expense and trouble of his journey to Graefenberg. He attributed this wonderful change entirely to the use of the wet bandage. This simple remedy had effected more for him than all his physicians had ever done, or could possibly do by medicines ; it had kept the skin in a constant heat and moisture ; and this had enabled him to digest his food. He indeed took the cure in other forms ; but to the wet bandage he mainly attributed the relief he experienced from his sufferings. He intends to remain under the care of Priessnitz at least one year, in order that his digestive organs may become fully restored. Cases of this kind are numerous. Indeed, no one at Graefenberg thinks it possible to have his stomach disordered, while he wears the wet bandage.

The wet bandage was put on me after I took my first wet sheet and bath, and I wore it night and day, till within ten weeks before I left Graefenberg. It was taken off and wet again every time I took a bath, and also on going to bed, making in all four, and sometimes five changes each day. The discomfort of this part of the cure arises from the circumstance, that parts of the wet linen, in consequence of the action of the body, slip out from under the dry parts, and become cold and chilly, which in winter is

peculiarly unpleasant. The shirt, also, by day, and the bed linen by night, become damp ; indeed my linen was scarcely ever dry. Then again, it makes you look clumsy. Those who pride themselves on a slender waist are badly off at Graefenberg. Every patient, no matter what may be his complaints, wears the wet bandage. A burning rash often comes out under it. At night when the bandage becomes dry, as it always does before morning, this rash is peculiarly uncomfortable.

The wet bandage may be worn by any one without danger, providing the moist part of the linen be well covered by the dry. It is a valuable remedy in cases of cholic, indigestion, and similar complaints. It does not prevent the wearer from pursuing his usual occupations, for it renders some kind of bodily exertions almost necessary.

Umschlags are also worn round the sores in cases of crisis. I had a severe boil on my wrist, and another on my finger, round which I wore strips of linen, the wet end applied next to the sore part, and the dry end wrapped over that. I am thus particular, in order to give a clear idea of the manner of wearing these simple appliances. One lady had a dreadfully sore arm ; it was excoriated nearly from the elbow to the wrist, and the suppuration was great. A bandage was kept around it, and frequently changed ; this constant application of cold water had the effect of mitigating the inflammation and swelling, and preventing acute pain. You constantly meet with patients in the saloon and elsewhere wearing these bandages, sometimes even in the face.

When affected, after walking, with a soreness and stiffness in my knees, I was ordered to rub them, and the parts above and below them, on going to bed, and in the

morning. And if, from any cause, the muscles of my legs or ancles became sore, I applied gentle friction with my hand dipped in cold water.

The estimation in which friction is held by Priessnitz, may be gathered from the following answers to a few of that list of questions referred to in my description of the *abreibung* :

“In case of severe cold on the lungs, attended with much coughing and expectoration, what should be done?”

“Rub the chest and throat with cold water, holding some in the mouth. In cold climates, an *umschlag* round the throat would be of service occasionally. In warm climates washing and rubbing alone are better.”

“In cases of inflammation and soreness of the throat, attended with hoarseness and difficulty in speaking?”

“Friction, washing, and the application of wet bandages.”

“In cases of long attendance and speaking at public meetings, in hot, close, crowded rooms, and then going out into the chilly night air?”

“The *abreibung*, washing and rubbing the head and throat well, and the use of the foot bath.”

It is worthy of special notice, that Priessnitz never ordered the rubbing to be done with brushes, flannels, or even linen towels. He never applies flannels and brushes to the skin for any purpose; linen is used only for the purpose of wiping the patient dry, and even in this process, the rubbing should be gentle. Priessnitz wishes to have the skin kept as smooth and soft as possible; and hence his disuse of flannels next the skin, and of brushes and hard substances in rubbing. He recommends that the hand only should be used, and it is not possible to be long

under his treatment, and to enjoy the delicious sensations resulting from a clear, smooth skin, the almost invariable result of the cure, without being convinced of the correctness of his practice in this respect.

ON THE INFLUENCE OF FRESH AIR.

If you place a plant in a room where the air is stationary, and free circulation impossible, it droops ; and if it does not die, it looks sickly in comparison with one which grows in the open air. This is equally true of man ; a supply of fresh cold air is essential to the perfect and healthy development of his physical nature ; and its rapid circulation is prevented by tight clothing and close rooms. A constant moisture, more or less impure, is ever passing off through the pores of the skin of a person in health. This moisture, with its impurities, would be instantly removed from the surface, if the air were allowed free circulation round us. But when air is excluded, or its rapid circulation prevented, that which is charged with the exhalation from the body remains a long time in contact with it, and induces a sickly state. The skin becomes clammy and unclean, and, when rubbed with a brush or a coarse towel, great quantities of oily matter come off. It is impossible to keep it in a healthful state, so long as this matter is allowed to accumulate on its surface ; this can only be prevented by a free circulation of air. No arguments are necessary to prove, that these secretions which pass off through the pores should be removed ; yet, from our manner of living, it might be supposed that it was our great object to retain them. The air in immediate contact with the body becomes warm, and however injurious or un-

wholesome it may be, we dread to have it replaced by that which is fresh and cold ; whereas, common sense would teach us that the air that envelopes us this moment should not be allowed to remain till the next, but that it should be enabled to pass away, carrying with it whatever moisture or impurity it may have contracted.

The influence of fresh air upon children is well known to all observing mothers. Their tempers are greatly affected by it, as well as their health. Children that spend a large portion of their time in the open air, are generally less irritable than those that are confined to a stifling nursery. It is cruel to rear them like plants in a hot-house. If accustomed to breathe pure, cold air, and to be bathed in cold water, they would be more effectually preserved from colds, fevers, and other diseases than any other way.—H. C. W.

AUTHENTICITY OF REPORTS REGARDING THE CURES PER-
FORMED AT GRAEFENBERG : BY DR. JOHNSON.

There certainly are cases when incredulity becomes as great and sure a sign of weakness as too much credulity. The cases of the Graefenberg cures is one of these.

When a man is reporting his own case, treated by himself alone, if he have the will he has certainly the opportunity of deceiving the public. But Priessnitz may be said literally to perform his work in public, so numerous are his patients, and so frequent and general is the intercourse between them. Even those from different countries, and speaking different languages, are generally able to associate and converse together by means of the French tongue. In their walks, in their lounges about the town

of Freiwaldau, in the billiard room, at the hall, at the springs, at the douche, at the dinner-table, they are all frequently meeting and inquiring into the progress of each other. Amongst all but the English, they make no secret whatever, of their diseases, let them be what they may. But they converse about them with the utmost freedom, and exhibit their sores, and tumors, and cutaneous diseases to all comers and to all inquirers, without the slightest scruple. This honest unscrupulousness has its advantages. In the first place, it is highly advantageous to those who, like myself, go to Graefenberg for the purpose of studying the effects of the Water Cure. And in the next place it makes every man's case so thoroughly known to all the town, that it is impossible that any deception should be practised as to whether this or that particular case gets well. The cases which get well, and those which do not get well, are equally known to the whole establishment. The patients too, who are, while I now write, assembled at Graefenberg and Freiwaldau, are from almost all countries. There are Italians, Swedes, Russians, Englishmen, Irishmen, Scotchmen, and one American. Besides these, there are Poles, Moldavians, Transylvanians, Hungarians, Hamburghers, Hanoverians, Bohemians, and Prussians, and the whole of them are men who have left their several countries, and various avocations, for the express purpose of submitting themselves to the Water Cure. And it is surely sufficiently clear that if the great majority of these persons did not get well, if they found that they had been entrapped by false representations, into taking a long, tedious, and expensive journey of many hundreds of miles to no purpose, I say it is surely sufficiently obvious, that they would, long ere this, have published to the world

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their disappointment, and exposed the cheat. But instead of this, the great benefit they themselves receive is constantly inducing them to write home for their sick relations, to lose no time in joining them at Graefenberg. An English gentleman is at this moment on his way from Graefenberg to England for the express purpose of bringing back with him the whole family, who are sickly, in order to submit them to the Water Cure. Another Englishman has just written home for five female relations, labouring under various complaints, to join him early in the spring.

The number of patients is far too great, and they live too much together, and in too close a communication with each other, for the continued practice of any thing like deception, or the successful carrying on of any cheat. I was at Graefenberg during the whole winter, and all that time, notwithstanding the snow was generally a foot deep, the roads impassable for any thing but sledges, and the bath rooms constantly festooned with icicles, there were upwards of two hundred persons, men, women, and children, all persons of great respectability, and many of them of high rank, then undergoing the Water Cure. On the first of January, according to the printed government return, for the Austrian government takes a monthly account of all Priessnitz's patients, there were two hundred and thirty-four patients then under treatment. And during the last year, (1842,) one thousand five hundred and two persons underwent the Cure at Priessnitz's establishment, many of whom are now living in England.

Under circumstances such as these it is manifestly impossible that any false representations should long remain

uncontradicted. No man in his senses would dare to propagate a false statement which could be so easily, and from so many quarters, instantly disproved.

Again, it must be remembered, that the Water Cure is not a nine days' wonder, a mere thing of yesterday : it has now stood the test of twenty years' experience. It did not, however, as all popular bubbles invariably do, leap into celebrity at one bound, and then burst. But it has gone on gradually and steadily, forcing itself upon attention and respect by its own sole intrinsic value, and in the very teeth of a strong popular prejudice against it,—I say, it has gone on thus for twenty years, from the time when the annual number of Priessnitz's patients did not amount to fifty, up to the present time, when they exceed fifteen hundred. Some ten years ago, too, Priessnitz's was the only establishment in existence. Now, however, all Germany is becoming dotted with them. Prussia, Austria, Russia, and Belgium, all have their water establishments. They are rapidly multiplying in France, (whose government, like that of Austria, sent an official medical officer to the Graefenberg establishment to inquire into its merits, and, at the eleventh hour, England is beginning to follow the example of her continental neighbours. In the teeth of such evidence as this, ocular, auricular, and circumstantial, to affect to rank the treatment of disease by the Graefenberg method amongst the ordinary bubbles of charlatanry, is to establish an unreasoning incredulity as little creditable as the grossest credulity.

For myself, I can only say that I went to Graefenberg unbiassed and unprejudiced, for the sole purpose of examining the treatment with my own eyes, and of ascer-

taining its true value by the evidence of my own senses. During the whole of the winter I have had the most abundant opportunities of witnessing its effects in all sorts of diseases. I have studied it with the closest attention ; I have tried the effects of all the various modes of applying the remedy on my own person ; and I have adopted the practice on the fullest conviction, and in the most sincere belief, that it is a remedial agent of extraordinary power, and capable of curing a greater number of diseased conditions than can be cured by drugs. It possesses, too, this great advantage over the administration of drugs : where it fails to cure, it not only does (in judicious hands) no harm, but always some good. Whereas, it is an acknowledged principle in the practice of medicine, that every dose of drugs does a certain amount of harm to the system, that every dose is a little evil, a small injury voluntarily incurred in the hope of removing a greater. But there is an old adage which teaches us that "ten littles make a mickle," and another which declares, "that the continual dropping of water will wear away stones ;" and, undoubtedly, the continual dropping of doses of physic into the human stomach will not fail, in time, to wear away the health and strength of the most hardy constitution.

That man was not designed to be a physic-taking being is, I think, sufficiently clear. The human senses, their very use and office, are to induce him to take that which is good for him, and to avoid that which is hurtful. And taste and smell, more especially were given for this express purpose. And from this consideration alone, the revolting nature of almost all drugs, both as it regards their taste

and smell, furnishes a strong argument against their use, and a strong proof of their pernicious qualities."

DR. E. JOHNSON.

"Thus with our hellish drugs, death's ceaseless fountains
In these bright vales, o'er these green mountains
Worse than the very plague we rage:
I have myself to thousands poison given,
And hear their murderer praised as blest by heaven,
Because with Nature, strife he waged."

GOETHE'S FAUST.

GRAEFENBERG.

Graefenberg is a colony of about twenty houses, placed about half way up one of the mountains of the Sudates, forming part of the small town of Freiwaldau, in Silesia, Austria, about one hundred and seventy-five English miles from Vienna, the capital of the Austrian empire.

The town of Freiwaldau contains about three thousand inhabitants, most of whom are engaged in agriculture, or the manufacture of linen. As the accommodations at Graefenberg are not adapted to families, Freiwaldau is the resort of the fashionable world who have occasion to undergo the Water Cure; the upper part of the houses being let out as lodgings.

Freiwaldau is the resort of incurables. Several persons, in the course of every season, are not accepted by Mr. Priessnitz; these having come, perhaps, a long distance, are unwilling to return to their homes, and therefore take up their residence here, where by the use of cold water, which Mr. Priessnitz cannot, nor does not, refuse administering to them, their pains are always relieved, and the

duration of their lives protracted ; and they then find that they can partake liberally of food, from which they had been prohibited, for years.

To sum up an account of Graefenberg, (says C. Claridge) I may remark that, after having witnessed the brilliant cures which are there effected, nothing can be more interesting than to see the number of clever and enlightened people in all ranks of life who go there, the greater number to be cured, and others to study the means of curing. I shall now proceed to give an account of a man who, born a peasant, by his extraordinary genius, has been enabled, while yet in the prime of life, to overcome prejudice, and to establish an entirely new system ; the accomplishment of which undertaking, by an individual in his isolated position, does indeed appear to border upon the fabulous and incredible.

A SHORT ACCOUNT OF VINCENT PRIESSNITZ, THE
FOUNDER OF HYDROPATHY, BY C. CLARIDGE.

Priessnitz's father was the proprietor of the small farm upon which the establishment we have been treating of is placed. He gave his son an education in accordance with the time and place in which he lived ; but this was perhaps limited, in consequence of the blindness with which he (the father) was stricken in his advanced years, and of Priessnitz's uncle being a priest, so that in early life the care of the family and farm devolved upon him. It is said that an old man, who used to practice the water cure upon animals, and occasionally upon the peasantry, was much encouraged by the elder Priessnitz ; that the latter invited him to instruct his son, and that it is from this source that

Vincent Priessnitz obtained his first ideas of the cold water cure. It would appear that Silesia was destined by Providence, to be the spot whence this great boon to humanity should extend itself to all nations ; for so far back as the year 1730, the great Dr. Hahn, who resided at Schweidnitz, about thirty miles from Graefenberg, wrote a book upon the virtues of cold water both for drinking and curing diseases ; but as the book was completely out of print, until found on a book-stall by Professor Oertel in Bavaria, it is doubtful if Priessnitz ever obtained any information from that source. Early in life, whilst engaged in hay-making, an accident which befel him was the principal cause of the dispensation of one of the greatest blessings to suffering humanity ; he was kicked in the face by a horse, which knocked him down, and the cart passing over his body broke two of his ribs. A surgeon from Freiwaldau being called in, declared that he could never be so cured as to be fit for work again. Having always possessed great presence of mind, and an unusual degree of firmness, the young Priessnitz not being pleased with this prognostication of the doctor, and being somewhat acquainted already with the treatment of trifling wounds by the means of cold water, he determined to endeavour to cure himself. To effect this his first care was to replace his ribs, and this he did by leaning with his abdomen with all his might against a table or chair, and holding his breath so as to swell out his chest. This painful operation was attended with the success he expected ; the ribs being thus replaced, he applied wet cloths to the parts affected, drank plentifully of water, eat sparingly, and remained in perfect repose. In ten days he was able to go out, and at the end of a year, he was again at his occupations in the fields.

The fame of this extraordinary cure soon spread abroad amongst his neighbours, who came to consult him when an accident occurred. By means of treating their diseases, and occasionally those of cattle, he acquired a better knowledge of the virtues of water, and ventured upon more serious cases. This soon gained him renown, so that his house was beset with persons rich and poor, begging his advice. From having watched so many diseases with his observing eye and inquiring mind, he soon acquired the knowledge requisite to detect them by their symptoms. Having no remedy but plain spring water, no theories to puzzle his brain, and no guide but nature, which spoke to him the more clearly because there was no art to stifle its voice, he soon perceived the defect of the present system of diet and mode of treating diseases, and found out by the various applications of water, means of remedying most of those bodily evils which mar our happiness in life.

Priessnitz's renown brought down upon him the envy of his neighbours and of the people of Freiwaldau, who were very ready to become his persecutors. Many imagining that an access of strangers would enhance the price of commodities, some were jealous of his fame, others imagined him possessed of an evil spirit, but the foremost, or most prominent of his adversaries, were the medical men. About this time he had effected cures upon a great number of people, when the doctors, resolving to put an end to his quackery, as they called it, denounced him to the authorities of Vienna, alleging that the sponges used in ablutions contained some medical property capable of producing these wonderful cures, which, if true, would have put him under the jurisdiction of the law. The sponges were decomposed, and the fallacy of the allegation

proved before the tribunal. In a question as to the cure of a certain miller, who had been a martyr for years to the gout, the doctor declared that he was indebted to him for his recovery, whilst in reality he had been restored by Priessnitz. On being questioned by the judge as to who had cured him, he replied, "Both; the doctor freed me of my money, and Priessnitz of the gout:" this caused a laugh against the doctor, and put an end to all cavils from the faculty.

The Austrian government, perhaps the most jealous in Europe in allowing the assembly of people for any purpose whatever, and particularly violent against empirics, or the sale of any medicine by any others than regularly certificated persons, sent a commission of inquiry to Graefenberg. This commission found that the only agents there employed in the curing of diseases were cold water, air, and exercise; and they had such evidences of its beneficial effects, and the total absence of all danger, even in the most advanced stage of disease, that, on their report, the government allowed Mr. Priessnitz to continue his praiseworthy operations. Since that time, he has been honoured by the friendship of some of the Royal Family, and by very many of the first people in the empire.

From the commencement of his mode of cure to the present time, there has been no less than 7,000 persons at Graefenberg to seek his aid; that is, from 1829 to 1842. This does not include the numbers whom he treated before he regularly declared his intention of devoting himself entirely to this science, nor the people of the neighbourhood, to whom, whilst he yet conducted his farm, he devoted himself with such assiduity, that what with his labours in husbandary, and in the relief of the sick, which latter occa-

sioned him to go long distances and return on foot in all weathers, by night and day, he very much endangered his health. For a long time he complained of weakness, and pain in his chest. It is, however, gratifying to find, that since he has accustomed himself to ride on horseback, which he always does when going any where, and has made use of his own fomentations, or umschlags, for his chest, he has been quite restored. As his habits are so simple, (going to bed early, and rising in summer at four, in winter at five o'clock, and immediately plunging into a cold bath), and as he knows how to ward off colds, or any other acute disease, it may fairly be hoped that he will live to an advanced age. On the 4th of October, 1841, he attained his forty second year; but, from the cause we have stated, he appears somewhat older. Notwithstanding his astounding success, his accumulation of wealth, (of which he is now said to possess upwards of £50,000) and the manner in which he is courted and respected by the first nobles in Germany, Mr. Pressnitz retains the humility of his former humble station. It is the custom in this country, with the peasantry, to kiss the hands of their superiors, on entering and leaving a room. If ladies are present, he never omits doing this. He is a man of deep reflection, and of few words, for he says but little, and rarely promises any thing; consequently, his words when spoken are considered as sacred by high and low as the responses of the Delphic oracal. Many people complain that he does not talk enough, and doctors who come here to learn the treatment, say that he never explains any thing to them. With respect to the first allegation, it must be evident, that a man who has all the year round from five hundred to six hundred patients, besides the peasantry of

the neighbourhood that may require his aid, cannot have a great deal of breath to throw away. Let any person speak to him on his own or his family's case, and he will find his reply that of a man of sound sense,—a reply that he, Priessnitz, never wishes to retract, and for which he will give his reasons in the most unaffected manner possible. But with respect to the second complaint, it must be avowed that he has no very great regard for medical men, because no one has suffered more from their vindictive feelings than himself; besides, he has never found it a work of supererogation to endeavour to disposess them of their prejudices; nor has he time or inclination to enter into disputes upon a mode of treatment which he knows, as directly emanating from nature, to be always true to itself. He has frequently witnessed the conduct of medical men who came to inquire into the mode of treatment, who took a carriage at Friewaldau, went up to Graefenberg, looked at the baths, the douches, rooms, &c., and proceeded home to decry a discovery, of the merits of which they know nothing. That Mr. Priessnitz has founded some sort of theory on his mode of treatment, after so many years of successful practice, and the help of that inquiring genius, and that natural impenetrable calmness which so particularly distinguishes him, there can be little doubt; and this theory has never failed him in the treatment of the most complicated diseases. But he has no time for writing; and if he had, he would find it extremely difficult to explain himself; since it is a fact, that no two cases are treated exactly alike. There is no doubt that Mr. Priessnitz owes all his experience to his utter ignorance of medical science, which, indeed, is his greatest advantage; for what does the history of medi-

cine offer, but the discouraging picture of the instability of principles, and a series of theories succeeding each other, without any one of them being able to content an upright spirit, or satisfy an inquiring mind.—C. C.

OBSERVATIONS FROM DIFFERENT AUTHORS.

Priessnitz has not much book learning. He can read and write, but he knows little of this world beyond the panorama of the mountains that surround him. He probably never read a book on medicine in his life, yet few men know more of the physical nature and animal economy of man. He has studied largely in that book in which physicians are not always learned, I mean the book of nature.

Priessnitz never looks at the tongue or feels the pulse, in order to discover the nature and stage of the disease. He judges by the appearance of the skin and the expression of the countenance ; and he seldom errs in his conclusions. The skin is a surer index to the state of health than either the pulse or the tongue. The physicians and the priests have done much to set the people against him. The former denounce him as a quack and an upstart, and the latter fear that the guests will taint their flocks with heresy.

Whoever opposes Priessnitz will be sure to have the physician on his side. They have done what they could to excite prejudice against the Water Cure. Their general course, in regard to the Water Cure, has been mean and contemptible. Instead of inquiring into the principles and facts of the system, like honest and honourable men;

and endeavouring, by fair argument, to show their fallacy, they privately denounce Priessnitz as a quack. I detest such underhand doings, and feel no sympathy with the physicians in their attacks upon Priessnitz. He is doing a good work in teaching us how to dispense with them.

A register is kept by the police of all the patients who are and have been under Priessnitz's care, recording their names, the places from which they come, and the number of deaths. I was informed, (says H. C. Wright) at the time of my visit, that about ten thousand individuals had taken the water cure at Graefenberg, since the opening of the establishment, and that only about twenty had died. What medical doctor could point to so small a number of deaths in proportion to the extent of the practice. This seems a pretty fair practical test of Priessnitz's success ; and when I hear the advocates of medicine speak of the great risk incurred by those who undergo this process, I point to the fact, that physicians who have not one-tenth as many patients, lose a far greater number by death. How does this happen, if his treatment be so much more dangerous than theirs. In testing the two systems it should be kept in mind, that very many of the patients who come to Graefenberg have been for years under medical treatment, and have been given up by the doctors as incurable. There are both meanness and injustice in the conduct of some medical men towards Priessnitz. They well know that upon very many of his patients the utmost skill of their profession has been exerted without effect, except to increase the violence of their disease. As a forlorn hope the doomed victim visits Graefenberg ; and if he dies there, they seize upon the case, minutely detail the particulars, magnify and colour them to suit their purposes,

and publish them to the world as an incontrovertible proof that Priessnitz is a quack, and his system replete with danger and death. Were we to hold his accusers to their own principles, that the physician is responsible for the death of all who die under his care, what could they say for themselves. Judged by this rule, if the water cure be dangerous, how much more deadly and formidable are drugs. The doctors should be cautious, lest in their eagerness to put down Priessnitz, and to prejudice the community against the water cure, they furnish the world with weapons against themselves. H. C. W. Rausse, author of an excellent work on Hydropathy, says, "It is impossible for a man to die of an acute disease, who has sufficient strength left him to allow of water producing its reaction, and who from the commencement of his disease, is treated by Hydropathy. Every one who is not acquainted with the water cure, will naturally doubt its wonderful power, and every doctor, when he reflects upon the number of patients labouring under acute diseases, who have perished under his hands, will, no doubt, laugh loudly enough at the new water system, nevertheless," says this author, "I am not disposed to advance a doctrine which may be put down, and I therefore here publicly make known that I am ready by deeds, as well as with words, to prove all I have stated, as to the healing power of water."

The cure of all acute diseases, to Priessnitz is mere child's play ; in no instance of nervous fevers, or inflammations, was he ever known to lose a patient ; and what is still more worthy of remark, a radical cure is effected in a few days, without the subsequent debility which would result from any other treatment. Hydropathy

completely supersedes the dreadful necessity of cutting men's flesh, of amputating their limbs, of bleeding, blistering, cupping, or leeching.

And what says Dr. Dickson, of our own day, in his "Fallacies of the Faculty," a work that does the learned Doctor great credit. "In diseases termed inflammatory, what measure so ready or so efficacious as to dash a few pitchers of cold water over the patient, cold affusions, as it is called. When I served in the army, as medical officer on the staff, I cut short, in this manner, hundreds of inflammatory fevers—fevers that, in the higher ranks of society, and under the bleeding and starving system, would have kept an apothecary and physician, to say nothing of nurses and cuppers, visiting the patient twice or thrice a day, for a month. With the cold dash, gentlemen, you may easily, though in a different sense from Mirmillo, in the Dispensary,

"While others meanly take whole months to slay,
Despatch the grateful patient in a day."

Do you wonder that prejudices should still continue to be artfully fostered against so unprofitable a mode of practice? Why will not the gullible public examine for themselves? Why will they continue to bribe their medical men to keep them ill? With the most childish simplicity, people ask their doctor what he thinks of this practice, and what he thinks of the other, never for a moment dreaming that the man of medicine's answer, is like the answer of every other man in business, will be sure to square with his own interests."

The Rev. John Wesley, A. M., published a work in 1747, (a century ago,) which went through thirty-four editions, called "Primitive Physic, or an Easy and Nat-

ural Method of Curing most Diseases.” After deprecating the manner in which drugs were imposed upon mankind, the mysteries with which the science of medicine is surrounded, and the interested conduct of medical men, he then proceeds to show that he was fully aware of the healing powers of water, and by the long list which he has given, it will be evident that he thought water capable of curing almost every disease to which human nature is exposed. “The common method of compounding and decomposing medicine, can never be reconciled to common sense. Experience shows, that one thing will cure most disorders, at least as well as twenty put together. Then why do you add the other nineteen? Only to swell the apothecary’s bill! nay, possibly on purpose to prolong the distemper, that the doctor and he may divide the spoil.

How often by thus compounding medicines of opposite qualities, is the virtue of both destroyed. Nay, how often do these joined together destroy life, which singly might have preserved it.

We then find the following prescriptions:—

For Asthma. Take a pint of cold water every morning, washing the head in cold water immediately after, and using the cold bath.

Cancer in the breast. Use the cold bath. This has cured many. This cured Mrs. Bates, of Leicestershire, of a cancer in her breast, a consumption, a sciatica, and rheumatism, which she had nearly twenty years. N. B. Generally, where cold bathing is necessary to cure any disease, water drinking is so, to prevent a relapse.

Hysteric Cholic. Mrs. Watts, by using the cold bath two-and-twenty times in a month, was entirely cured of

an hysteric cholic, fits, and convulsive motions, continual sweatings and remittings, wandering pains in her limbs and head, and total loss of appetite.

Consumptions. Cold bathing has cured many deep consumptions.

Convulsions. Use the cold bath.

An inveterate cough. Wash the head in cold water every morning. Or use the cold bath. It seldom fails.

There are a great number of valuable prescriptions in this little work, which we have not room to insert. The reader of it will be struck with the great similarity of this treatment with that which is recommended in Hydropathy; for in the majority of cases, he recommends the use of that element which we are so strongly contending for, namely, cold water.

“The physician, carrying his knowledge in the streets and highways of life, has laboured assiduously (*the lancet in one hand and quinine in the other*) to arrest decay, hurrying forward with a too fatal precipitancy.”—Dr. Gregory.

“The lancet in one hand,” says Dr. Gregory, “and quinine in the other,” these being the two great engines of relief in acute and chronic diseases, the lancet to lower the pulse in acute disease, and quinine to strengthen the system in chronic. Both these effects are produced by the right application of the hydropathic treatment. The continued application of cold in acute diseases, as by the cold bath or wet blanket or sheet, for several hours, will lessen and lower the pulse even to a thread. While the occasional use of the bath, accompanied by exercise, exposure to the air, simple diet, early rising, and all other adjuncts of the treatment, will strengthen and harden the

system to a degree infinitely beyond that which can be obtained by any other means whatever. Thus it supplies the place of the two grand engines of the old practice, viz. quinine and the lancet.

In one of the German publications, called the *Water Friend*, a very instructive case of disease in the lungs is recorded, which serves, in a most satisfactory manner, to illustrate what is stated above, with respect to the operation and efficacy of cold water in preference to medicine, and which I therefore extract, for the benefit of the reader :—

“ R. R. of middle stature, slight built, a shoemaker's apprentice of G——, nineteen years of age, and of healthy parents, had the cholera in September, in Vienna, He was taken to the general hospital. The violent symptoms, peculiar to this disease, were soon subdued, with the exception of a chronic diarrhea. The various remedies employed against this had no effect. A cough, attended with expectoration, at last came on ; the strength of the patient was much reduced, appetite and sleep fled entirely, feverish shiverings during the day were of frequent occurrence, with a strong burning heat, alternating sweats, particularly towards morning ; large boils on the back part of the body, some of them several inches in length and breadth, and others of the size of a florin, so that the sufferer was obliged to lie night and day on the abdomen, in such a position as to rest on the right side of his face, and here the whole of his skin peeled off even to the bones of his face ; all appearances of muscles had already vanished. ¹ Twelve weeks had thus passed, when the mother, anxious about her son, made inquiries of the attending physicians how he was, and received from Dr. H. the

answer, that no hope remained of his recovery. So many remedies had been applied in vain, and the disease had become worse ;—the invalid was in a confirmed consumption, according to his views of the case ;—and the next day he would be no more.

“ On receiving this information, the mother declared she would remove her son from the hospital, and take him home with her, that she might perform the last sad duties. Astonished at this resolution, the physicians represented to her that the invalid was unable, in such a state of debility, to travel ten miles at that time of the year—he would certainly die on the road—she could never bring him to her house alive, &c. These remonstrances were all fruitless : she took her son with her to G——, and requested the physician would prescribe what would be suitable to his situation. He ordered Dover’s powder, and tea of Iceland moss. The journey was tedious but fortunate ; the medicine prescribed was administered, and followed by sundry domestic nostrums of old women, peasants, &c., without any favourable results. In the middle of December, 1836, I was called in.

DESCRIPTION OF THE DISEASE.

“ The eyes feeble and sunk in the head, the hair fallen off, the face pale and emaciated, on the right cheek a large ulcer, going down to the very bone, the features disfigured, look of old age, tongue covered with white, appetite tolerably good, much thirst, dryness in the throat, frequent hoarseness, constant inclination to cough with much yellow fœtid expectoration, (more than a pound during twenty-four hours,) pricking pains in the breast, feeling of oppression, shortness of breath, the breast bones promi-

nent, pains about the stomach, the abdomen contracted, &c., skin withered and dirty, &c., muscles apparently gone in every part of the body, perspiration clammy, fœtid and debilitating, pulse small, hard and quick, prostration of strength, fits, swelling of the feet.

Under such unfavourable circumstances, I could only agree with the former physician, that, with the present experience, alleviations of the patient's sufferings was all that could now be expected ; I gave him therefore Dover's powders and Iceland moss as before.

“ On my next visit, I told the mother, in order to spare unnecessary expense, that I would come no more. She again asked, if there was nothing that would save him. Again was I compelled to tell her, that in a case so serious, recovery was impossible : to alleviate was all that could be done,—but one remedy remained ; it had never been tried in cases of this nature,—would she allow it to be tried on her son ? I would let her know what it was. She begged me to tell her what this miraculous remedy was ; and as I explained it to be fresh cold water, she threw her arms up, and exclaimed, “ That will soon cure my poor boy : cold water will but hurry him to the grave.” She reflected for some time, and then said, “ If you think it will do him no harm, we will try this also.—I know well what cold water has done for our neighbour P. : I saw him when he was ill, and how he was cured by cold water.”

“ Having obtained her consent, I told her she must give him every half hour, a glass of water to drink, fresh from the spring, dip the sore places in fresh cold water, and put wet linen bandages in several folds over them. This was done in my presence. The next day I visited

the patient, and found no material change, except that the diarrhea had somewhat abated. I ordered him to be washed, both then and in the evening, from head to foot, with tepid water. The drinking as well as the bandages were continued.

“Second day. Cough less ; appetite good ; patient had slept a little, &c. He was now washed in water less tepid than before ; bandages entirely cold about the swollen feet ; a glass of fresh water to drink every quarter or half hour ; bandages on the ulcers ; evening’s washings repeated.

“Third day. The patient has slept well ; perspiration diminished ; the ulcers as before ; much secretion from the kidneys. He was now washed twice a day with water quite cold, and the former treatment continued.

“Eighth day. Cough seldom, with expectoration less in quantity, and no longer foetid ; swelling of the feet reduced. The whole body washed twice a day.

“Twelfth day. The eyes less sunken ; the ulcers beginning to heal ; tongue clean ; the dryness in the throat, as also the hoarseness, gone entirely. The fresh water applied as before assiduously.

“Sixteenth day. The respiration is more free ; the skin clean ; appetite and sleep excellent ; perspiration no longer foetid and clammy ; the pulse stronger. The cold water continued with the same perseverance.

Twentieth day. Very slight cough, with a little expectoration ; the strength increased ; the swelling in the feet entirely as before.

“Twenty-fourth day. The ulcers rapidly healing ; no more perspiration ; the patient strong enough already to leave his bed for hours together. These favourable symptoms went on in quick progression, and, in course of six

weeks, he was so completely restored to health, that he was able to work again at his old trade, as a shoemaker."

The following case is an extract from Dr. Graham's Essay on the Water Cure. As Dr. G. is a physician of high standing in the medical world, I think the following case will be of great service to my readers, as there are hundreds, if not thousands, to be found in this country, who are suffering from diseases of this nature, which might soon be restored if they would attend to the advice here laid down.

"In the spring of the present year, 1843," says Dr. Graham, "I was called to visit a young lady in the neighbourhood of Bath, who had long been confined to her room by severe indisposition ;—what I witnessed on that occasion, has decided me now to call the attention of all concerned, to that which I am persuaded will be found a very improved mode of treatment in all cases of weakness, and likewise in some of actual disease in the chest. The symptoms of the lady were :—great debility, much uneasiness, and irritation in the chest,—accompanied with swelling, tenderness on pressure, and flushings of the face ; she suffered from restless nights ; small appetite and weak digestion. For the two or three months immediately preceding my visit, she had been wholly confined to her bed-room, and almost to her bed. Her weakness and susceptibility were so great, that she feared to move even about the room, which was kept in a regulated temperature. Her complexion was blanched ; her pulse feeble, but her natural spirits good.

The physician in regular attendance was highly and justly praised for his uniform kindness. He gave me the history of the treatment for the last six months, observing that, in

order to reduce the pain and inflammatory action in the right side, he had had frequent recourse to bleeding with leeches, and blisters, &c., &c., and almost every kind of medicine which could be thought of had been tried, both vegetable and mineral. Notwithstanding all this attention, she was no better, but rather growing weaker, more sensitive to every cold wind that blew, less and less capable of exertion.

After hearing this long history, I had two reasons for not recommending more medicine ; one was, the conviction that she had already taken sufficient ; the other, that physic would not restore her. I, therefore, remarked, that I certainly should not think of prescribing medicine for her, after so much had already been so skilfully administered, and with so little good result. An entire change of plan was advised ; the basis of the whole being a belief that the patient required little else than to be invigorated locally and generally, and that if we could secure this, we should see her, by degrees, attain her former feelings of health, and return to her previous engagements. She was ordered directly to rise from bed, in a very few days to quit the bed-room for a sitting-room, then to go down stairs, and at the end of twelve or fourteen days to go out for an airing. With a view to strengthen the chest and whole body, she was to be washed over every morning with cold water, and to repeat it every night ;—to take, instead of the enervating cup of tea, she was accustomed to, a glass of cold water with a dash of milk in it, on awaking, and again in the evening,—to go into the breakfast-parlour to breakfast,—and to be well rubbed all over daily with the roughest towel, or a flesh-brush. In addition to this, we prescribed a nourishing diet, and exercise

in the house, by walking about, playing at battle-door, using the dumbbells, &c., and walking abroad, as soon as she was equal to it.

Her friends were at first in no trifling degree amazed at this advice ;—to think that so young and tender a creature, who had not left her bed for eight weeks, and who had incessantly suffered from pain and inflammatory attacks, either in the liver or chest, and who had not been out of the house for six or seven months, should be able at once to commence so thorough a change, and in a few days to go down stairs, seemed to them incredible. They could not understand how she could safely bear so much cold water, and such energetic rubbings ; nor how the inflammatory attacks were to be warded off, or how removed, if they did recur. This last point is, indeed, a stumbling-block to all who do not understand the subject, and is that which frightens multitudes from having recourse to the only means which will save them. They recognize not the connexion which obtains between cause and effect— they continually invert the order of things,— and obstinately look on that as a necessary means of cure, which is in reality, the grand source of repeated pain, and prolonged disorder.

The new measures recommended were adopted ; and, notwithstanding all the fears of the mother, she improved daily ; her appetite and power of digestion were increased ; she even began to sleep better ; the cough speedily subsided, together with the sense of uneasiness in the region of the liver and chest ; and in about three weeks she was able to walk out. At the end of six weeks she was surprisingly recovered—I cannot hesitate to say, re-

stored from a condition in which she was evidently fast hastening to the grave.

If means so mild effected changes so great and satisfactory in a pulmonary complaint assuming so serious an aspect, and which had entirely resisted all the ordinary prescriptions of mercurials, tonics, sedatives, &c., &c.; are we not justified in expecting the greatest benefits from a much more enlightened and rigorous pursuit of the same invigorating remedies, even in cases of a still more serious and alarming character.

It will still be inquired by the incredulous, (even after reading the above cases), Is not the patient too weak to try the effects of such "*energetic*" treatment? Ought not a milder climate to be first tried, in order to recruit the shattered frame, and put it in a position to brave recourse to the Hydropathic system with safety and advantage? I answer, by no means. These measures are slow in their operations, (*besides numbers have not the means,*) change of climate occupies sometimes several weeks before its beneficial effects can reasonably be expected to appear; while this method improves the condition of the patient directly.

In a few days, I have frequently seen patients undergo a great improvement; and that in invalids who were in the lowest condition of weakness and exhaustion.

How many there are who travel far to gain what lies near at hand, if they only knew where to find it! What multitudes weary themselves in vain search, at long distances, after what may soon be found at home; if they would divest themselves of prejudice, and take as great pains to employ the remedy near at hand, as they do to run after it abroad.

Since the commencement of this week, I have had several cases of fever and other diseases under the water treatment, and all, with the exception of one case of fever, have recovered. Most of those cases are very interesting, but I have not room to notice more than one or two of them.

One of the most singular cases that has come under my care, is that of W. Fawcett's, Shotley Bridge. He is sixty-two years old, and has been afflicted very severely about two years and three months. For near two years of this time, he had lost the entire use of his limbs, and partially of his right arm, and has been confined to his bed this last eighteen months. I will give you the history of his case, as related in his own words.

"In the latter part of December, 1844, I had a severe attack of English cholera for about ten days, and from this time I date my present affliction. After recovering from this disease, I felt a weakness in the lower part of my back, which grew worse in the space of a few weeks. I applied to Mr. Renton, Surgeon, Shotley Bridge, for advice. He bled me and gave me medicine, but this had no good effect. He then ordered me to the sea side, to bathe and take the air. I went, and was there fourteen days, and took both warm and cold baths, but all to no purpose. I grew worse every day I was there. I returned home, and Mr. Renton applied blistering to the part affected, but all to no purpose. I then applied to Mr. Bolton, Surgeon, of Ebchester. He put me through a course of medicine two months ; but I grew worse every day, and at last he gave me up, and told me that he could not do anything more for me, and told me that I should never be able to walk more. But not content with this advice, and wish-

ing to try every means, I employed other medical men up to the number of twelve; but they all left me worse than they found me, though I have taken as much medicine as would furnish a druggist's shop, or set up a country surgeon. The last that I employed was the noted Mr. Chinkins of Sunderland, who was said to cure everything; but this man's drugs made me worse than ever, for, while taking them, I could neither eat nor sleep. I at last gave them up, and despaired of ever getting any relief on this side of the grave. At this time I was so weak, what with taking medicine and taking so little meat, that I could scarce bear to have my head lifted off the pillow. I had to be fed like a child as I lay in bed. I had lost the entire use of my limbs eighteen months before this, so that I could not make the least help for myself, my wife having to lift me about like a child. My legs and thighs had become so much pined, that I could span them in the thickest part: indeed all my body was in the same condition; the bones were cutting through the skin. I could not tell when I wanted a stool or to make urine from the time I lost the use of my limbs, for the disease lay just across my loins. As to what the doctors said my complaint was, their judgments were as varied as their faces; some of them said it was the spinal marrow that was affected, others that it was the nerves, but few, I think, if any of them, could tell what was the cause. About this time I heard of Mr. Clarkson, of Shotley Bridge, making some very singular cures, both of fever and other diseases, by the use of cold water only; and having been recommended to try this very singular means, but not being in circumstances to go to any place where the treatment was practiced, I sent for Mr. C. He at first declined taking me in

hand, having had so many medical men, and all failing in doing me any good, and besides being so weak and helpless : but I at last prevailed on him to take me under his treatment, which he did on the 21st of December, 1846, and I have been improving ever since. I have been under the water treatment about three months, and am so far recovered, that I am able to sit up for several hours in each day. My right arm, that was nearly useless, has quite recovered its former strength, and indeed my whole body has so much improved that, instead of being a skeleton, I am getting quite stout under the treatment. My legs and thighs are improving every day, and I have no doubt but that, in the course of a little time, I shall once more be able to walk, and confound all their medical *prognostications*.

Another very great advantage which I have derived from the water treatment, is the relief I have felt in my bowels. For about two years before I commenced with this treatment, I never once was able to pass a motion, without the aid of medicine, and that had to be administered frequently two or three times before their contents could be emptied : but I had not been under the Water Cure many days, when my bowels began to empty themselves without any assistance, daily and plentifully, and they have continued to do so up to the present time.

The treatment that I have had has been varied according to the symptoms. I commenced with two wet sheets, and the same number of cold baths each day. I have had bandages to the feet, and other applications at the same time. Eight weeks after the commencement of this treatment, a rash came out all over my body, but more especially on my right arm and back, with an intolerable itching that I scarce could bear. Since the subsidence of

this rash I have been improving very much, and I have not the slightest doubt on my mind, from the benefit I have already derived from this excellent system, that had it been applied two years since instead of medicine, I should very soon have been able to follow my employment, and not have laid all this time in bed, besides being reduced to the last stage of weakness.—W. F.

Now, Reader, if you have perused the foregoing pages with an unprejudiced mind, you will no doubt see the superiority of the Hydropathic Treatment to that of drugs. The above case speaks for itself, it needs no comment of mine ; the man is living, and can vouch for the truth of his own statement. It must be remembered that all this took place under great disadvantages, as not having a sufficient supply of fresh water and other things necessary for the treatment.

But I had not gone on with my work of mercy very long, in saving the afflicted from their distressing pains, and the dying from an untimely grave, before the medical profession of this place tried to put a stop to my labours ; for by this time public attention was drawn to the water cure, several being saved by it that had been given up by the profession. This began to affect their interests very much. Hydropathy was in fact undermining their old system of physic, and bringing it into disrepute. This, of course, could not be borne with any longer than till an opportunity offered itself, to put a stop to this new system of curing diseases.

They at length sent me a message to the effect, that if I did not desist from this method of curing people by cold water, they would try to stop me. Mr. Renton one night came into a house where I was attending on a young man, in Typhus Fever. This person was one of Renton's patients, but he had not been to see him for three or four days, though he did not live five minutes' walk from him,

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and had told it in the village that he had no hopes of his recovery. But the patient was restored to health by the use of water only, without the aid of this medical gentleman or any other. It was here that this very benevolent man told me, that if I persisted any longer with this system, he and others of his brethren would send me to some other place the first chance that offered itself.—It was not long after this before an opportunity offered itself for them to put their threats into execution. If you look to another part of this work you will see that the medical profession acted in a similar manner towards Priessnitz, though they did not succeed so well. When they were likely to be beat before the Court at Vienna, they then said that Priessnitz had drugs infused into the sponges that he washed the patients with, but the fallacy of this statement was soon proved by a deputation that was sent from the court to Priessnitz's establishment.

The following is that which gave the doctors the chance they had long wished for, being the first, out of thirty, that had failed under my care in the space of three months, though at the same time these medical men were losing nine out of ten. This can be testified by hundreds of people in this neighbourhood, some of them having lost three or four children out of one family, in the space of five weeks.

On Saturday, the 13th of January, 1847, I was sent for by Mr. Hacker, his eldest son, six years old, being very ill. I went in the course of a few minutes to it, as they only lived at the opposite side of the street. When I got there I found the child in a very strong fever: it had commenced on the preceding day, for they told me that they had given him some opening medicine on the Friday morning, and that he had vomited all that day. I ordered him to be put into the wet sheet for half an hour, and then washed down with water with the chill off. This was re-

peated several times during the day, and at night a thick rash came out all over the body, showing it to be the Scarlet Fever.

This treatment was continued throughout at intervals. When the child got very hot and feverish, bandages were applied to the chest, and wet cloths to the head, as the symptoms required. The child drank a quantity of cold water, for he would take nothing else, and slept most of the time while in the envelope. I never left him above an hour at a time for two nights and two days : all appeared to be going on well, the rash was well developed, I never saw it more so, and it never receded in the least. On the third night about ten o'clock, I left him in care of the parents and another person, with a strict charge that if any alteration took place with him, they were to call on me immediately ; but they never came for me till between five and six in the morning. I got up and was there in a few minutes, but as soon as I went in and saw the child, I perceived at once that he was dying. I chided them for not calling me up sooner, for it was then too late ; I could do him no good ; he died about an hour after I got there. That was on Tuesday morning, the 16th of January.

After the body had laid the usual time, it was taken to its resting place, and committed to its mother earth on the 18th, there to rest from all its sufferings ; but it was not allowed to lay long in this peaceful abode, before it had a resurrection from the grave. Doctor Craft had determined that *cold water* should not go unpunished, although it was the first case that had failed out of thirty in three months, while at the same time physic was losing twenty nine cases out of thirty. The following is an account of their'shameful proceedings.

As soon as the child was buried, the Coroner was sent for. Though the body lay three days in the house, no one came to inspect it ; this seemed to be done with the intent

to distress the parents and all that were connected with it ; for an order came from the Coroner that the body was to be disinterred, which was done, and it was brought back through the village exposed to the public gaze, to the disgust of every thinking mind and every feeling of humanity, and lodged at the overseer's house to await a post mortem examination, which took place the following day. But who was it that was appointed to make this examination ? Was it disinterested men—men that were likely to give evidence without exaggeration on either side ? It was the very men who had been waiting for an opportunity to put down this method of treating disease ; therefore it was not to be expected that impartiality would be the standard of their evidence. Under these circumstances, the friends of the diseased thought it advisable to have another medical man present at the examination of the body. Dr. Larkin, of Newcastle, was sent for, and he attended at the post mortem examination with Mr. Renton and Mr. White, Surgeons, of Shotley Bridge, who had been appointed for that purpose. While this was going on, great care was taken to *select* a jury of eighteen men. But was care taken to choose men that were intelligent, disinterested, and men that had gone through the water treatment, and could give their views of its effects ? No. It would be well if this could be stated ; but quite the opposite was the case ; for a very great majority of them were men that knew nothing about the effects of the Hydropathic treatment, and were quite opposed to it, and men that were interested some way or other in keeping up the practice of physic, and were sure to give their verdict in accordance with the views of their interested surgeons, while men that were likely to speak disinterestedly in the case were rejected, even after they had been warned in, and others were chosen to fill up their places who were more likely to answer the purpose of a packed jury.

The following is taken from a copy of the evidence as given before the Coroner and jury, who sat on Monday, January 22, 1847.

Mary Cheeseman was called on, and stated that she was present and saw Samuel Hacker in a wet sheet, with a quantity of bed clothes wrapped round him ; he was quite warm, and a rash was out all over his body as I have seen in Scarlet Fever. He was put into another one while I was there, and wrapped up in blankets as before. I saw him no more till about an hour before he died. His father gave him some water to drink, and it came back out of his nose : he died soon after.

Ellen Weeden called. Said I am servant to Mr. and Miss Hacker. He sent me for Mr. Clarkson on Saturday morning to come and see Samuel. He came and put him into a wet sheet ; after he had lain in it about an hour, he was taken out and washed with warm water ; this was done two or three times on Saturday, and the same on Sunday. He wore a bandage round his chest when not in the sheets ; he never cried when put into the wet sheets ; he would drink nothing but cold water during his illness ; his body was red with the rash : he had wet cloths applied to his head. When water was put into his mouth on Tuesday morning he could not swallow it : he died soon after that.

Samuel Hacker said, I am a merchant's clerk, and live at Shotley Bridge. I am the father of Samuel Theophilus Hacker, who is now dead. I was only present during his illness in the mornings and evenings, and part of the nights. About eight o'clock on Friday morning, he was taken with a vomiting and purging, and Mrs. Hacker in the evening informed me that she had given him some opening medicine during the day. On Saturday morning I found the child's hands dry, and considered fever was commencing. Mr. Clarkson was sent for immediately, and commenced the

water treatment. I left after seeing him in the first wet sheet.

About midnight on Saturday, or early on Sunday morning, the rash was strongly developed all over my son's body. I saw him again on Tuesday morning, a short while before he died, and it appeared the same. Wet napkins were frequently applied to his head. I gave him some water in a spoon a short time before he died, but he could not swallow it; he had a difficulty in swallowing some time before this; he died on Tuesday morning about seven o'clock.

John Renton said, I am a surgeon, and live at Shotley, in the county of Northumberland. I never attended the deceased Samuel Theophilus Hacker. I took a *post mortem* examination of his body on Saturday evening, after he was disinterred. Mr. White, a surgeon of Shotley Bridge, was present; also Mr. Larkin, a surgeon of Newcastle. He is six years and four months old. The surface of the front parts of the body were pale,—the lower part of the abdomen was green,—the sides and the back, back part of the lower limbs and back part of the arms were red,—the glands on each side of the neck enlarged,—the body spare but emaciated,—the tongue pale and slightly swollen,—the green appearance at the lower part of the abdomen was the only appearance of decomposition,—the tonsils considerably ulcerated, the uvula and pendulous palatals slightly so,—the back part of the pharynx in a state of inflammation, which extended downwards about two inches,—adhesions over the whole surface of the pleura costalis and pulmonalis on the right side of the lungs, and so firm as to appear to have existed some time before the present disease, otherwise they were quite healthy.

The heart and pericardium healthy,—the heart contained less than the usual quantity of blood,—the liver, spleen, and bowels in their natural state,—the stomach empty of

food, but containing an ounce or two of fluid (water)—the mucous coat of the stomach slightly inflamed,—the whole of the covering membranes of the brain were in a highly congested state, the large vessels very much distended with blood,—the smaller ones, even the most minute, fully filled,—the substance of the brain free from any chronic disease, but also much congested.

From my *post mortem* examination, I have no doubt that the child laboured under Scarlet Fever, evidently a severe case ; when death occurs from Scarlet Fever, there is frequently congestion of the brain ;—I have seen it to nearly as great an extent as this, but not quite. Had I been called in, and found the skin parched and dry, I would have spunged the surface with cold vinegar and water, merely running it over, and being guided by the symptoms, I would then have wrapped it in a warm blanket ;—from the congested state of the brain, the child ought to have been bled by leeches ;—from the inflamed state of the throat, I should have recommended blistering ;—of course, medicine would have been recommended according to circumstances ;—the throat was not so much ulcerated as to have prevented it swallowing ;—the congestion of the brain would cause the teeth to be closed as stated in the evidence ;—it would also produce the disinclination to swallow ;—the application of cold water as given in the evidence, would most assuredly increase the congestion of the brain ;—I consider the application of cold water to the throat would not increase the ulceration ;—the application of cold water as given in evidence would determine the blood from the surface of the body to the internal organs, and consequently increase the congestion of the brain ;—the wet cloths applied to the forehead was so trifling compared to what was applied to the rest of the body, that it would have little or no effect ;—the redness observed on the back part of the lower limbs and back,

would be caused by the position in which the body was lying, and partly by the determination to the skin incidental to the disease;—I should always wish to see the eruption kept out—I should consider it dangerous to force it in,—the application of cold water, as in this case, would force it in—forcing it in might cause inflammation of an internal organ, or congestion of the brain, which might cause death.

Thomas White, of Shotley-Bridge, Surgeon, saith; I was present at the latter part of the *post mortem* examination of the body of Samuel Theophilus Hacker—I consider congestion in the brain the cause of his death,—I never saw a case of greater congestion in the brain—the throat was ulcerated and the glands of the neck enlarged. I do not attribute the death to the throat—had there been no congestion on the brain, I consider the child might have recovered—had there been such ulcerations of the throat as to cause death, the power to swallow liquids would have almost ceased—part would have returned through the nose, and part through the mouth. I did not see the stomach in this case—if there was inflammation of the stomach to cause death, vomiting would have been excessive—in moderate inflammation of the stomach there would have been pain accompanied with vomiting—there was a redness in the outer parts of the thighs and arms probably from an appearance belonging to Scarlet Fever.

Charles Larkin saith, I live in Westmoreland Street, Newcastle-upon-Tyne, and am a Surgeon—I am here on behalf of Mr. Hacker, the father of the deceased. I was present at the *post mortem* examination of the body of Samuel Theophilus Hacker on Saturday last.—The upper surface of the body was generally pallid, which I should attribute to the subsidence of the blood by gravitation—the abdomen was partially red and green—showing decomposition to have taken place,—the sides of the body were

vividly red,—the remains of the eruption of Scarlet Fever—there would in all probability be redness from the gravitation of the blood, but more probably from the remains of the eruption—on the sides entirely so.—At the angle of the jaw there were two large swellings—the throat was found in a complete state of ulceration—the tonsils were ulcerated, and the tongue swollen. The brain was in a state of considerable congestion, but not more than is ordinary in severe cases of Scarlet Fever. The mucous membrane of the stomach was in a congested state and red. I do not attribute the death of the child to the congestion on the brain, or to the ulceration of the throat alone, but to the symptoms generally—I mean by that the state of the brain, of the skin, of the mucous membrane, and to the whole cause in the state of the fluids which produce what we call Scarlet Fever. I do not consider the congestion of the brain sufficient to cause death—if the throat is ulcerated so as in all probability to cause death, there is not in all cases a difficulty in swallowing—I consider the state of the stomach assisted to cause death—I consider that in this case the congestion of the brain was retarded by the treatment.

John Renton recalled, saith, in my opinion the immediate cause of death was congestion of the brain—if the ulceration of the throat was sufficient to cause death, there would be great difficulty in swallowing—the fluid would in all probability return through the nose and mouth.

Thomas White recalled, saith, that after having heard the evidence of the treatment of the deceased, it is my firm opinion that the congestion in the brain was increased by the treatment.

If the reader has read the evidence of *Renton* and *White* in the above case, I have no doubt but that he will at once see the *ignorance* of those two medical men with respect to Hydropathy, when compared with the views

given by the highly talented medical men as quoted in other parts of this work ; and how incapable must they be of judging of such a case, who are so much interested in putting this very valuable treatment down, especially when we consider that it had cured several individuals whom they had given up as incurable. I will give you the opinion of some more eminent authors on the subject of Fever, to enable you to judge of this treatment, and compare them with the views of those interested Surgeons.

In a work published by Dr. Graham, an eminent Physician of London, on the 133 page there is the following remarks on Fevers :

In the excitement of Fevers, of whatever kind, the wet sheets and cold or tepid ablutions, are of the first moment. They speedily carry off the morbid heat, relieve pain, and tranquillize the pulse, without in any degree adding to the debility of the various structures of the body, already sufficiently great. The drinking of cold water also in Fever is clearly indicated, and very beneficial. This is a fact which cannot be justly controverted ; still it is too much neglected in ordinary medical practice. The common effect of drinking cold water in the early stage of Fever is to induce perspiration—a free and natural perspiration:—all professional men agree, that this is one of the most desirable events, and yet one most difficult to procure without forcing medicines, the influence of which in other ways is to be dreaded. Now and then a medical man of eminence has risen up to bear strong testimony to the surpassing value of this simple element in Fevers ; notwithstanding, being naturally fond of what is complicated, and disliking that which is simple, we have gone on in our own course. But I trust the attention which is now aroused to this subject will be fruitful of great results, in the improved treatment of Fevers of all kinds.

In *Scarlet Fever* cold water is of all others the most

agreeable and most efficacious remedy, &c., &c. Wherever the skin is hot and dry, the cold ablution should be freely employed. A tumbler of cold water should be given directly the disease is detected, and repeated whenever the patient is thirsty, or perspiration is not free.

Dr. Batemen was a physician of careful observation, large practice, and considerable discernment. His testimony in favour of the use of cold water in Scarlet Fever I extract from my book on Domestic Medicine, in which it first appeared several years since. It is as follows: "We are possessed of no physical agent, as far as my experience has taught me, (not excepting the use of blood-letting in acute inflammation,) by which the functions of the animal economy are controlled with so much certainty, safety, and promptitude, as by the application of cold water to the skin, under the augmented heat of Scarlatina, and some other Fevers. This expedient combines in itself all the medicinal properties which are indicated in this state of disease, and which we should scarcely at first expect it to possess; for it is not only the most effectual febrifuge, (the *greatest* febrifuge, as a reverend author, Dr. Hancock, long ago called it,) but it is, in fact, the *only* sudorific which will not disappoint the expectations of the practitioner, under these circumstances. I have had the satisfaction, in numerous instances, of witnessing the immediate improvement of the symptoms, and the rapid change in the countenance of the patient, produced by washing the skin. Invariably, in the course of a few minutes, the pulse has been diminished in frequency, the thirst abated, the tongue has become moist, a general free perspiration has broken forth, the skin has become soft and cool, and the eyes have brightened; and these indications of relief have been speedily followed by a calm and refreshing sleep."

Very recently, Mr. Erasmus Wilson, the surgeon of Middlesex hospital, has recommended the employment of

cold water in this disease, in the strongest terms. He says, (Lancet, January 7th, 1843,) "Cold affusion in Scarlatina is a remedy of the utmost importance and value. It is correct in principle, and excellently adapted to meet the peculiar wants of the disease. The effect of cold affusions is to diminish the frequency of the pulse, to reduce the thirst and heat of the skin, and to tranquillize the nervous system. If the heat and dryness of the skin returns, cold affusions may be repeated a second and a third time, until the fever is abated."

Dr. Johnson has the following beautiful remarks in his work on the Water Cure. He says, "The leintuch, which is a wet sheet applied in a peculiar manner, produces two diametrically opposite effects, accordingly as it is used. If it be changed repeatedly as fast as the patient becomes warm, as, for instance, in cases of fever, almost any amount of heat may be extracted slowly and gradually from the body. But if the patient remain for half an hour or an hour, the most delicious sensation of warmth, and a gentle breathing perspiration are produced; while all pain and uneasiness is removed. It produces all the soothing influence upon the entire system, which is produced by a warm poultice on an inflamed surface. The wet bandage does for any part of the body what the wet sheet does for the whole.

How do these partial applications of cold water act on the system? They act by determining the force of oxygen from one part of the body to another. They produce all the effects both of bleeding and blistering, except the pain. In blistering, the same effect is produced by diverting the force of oxygen from the diseased part to some other part of the body, by exciting a temporary disease in that other part.

Now let us suppose an inflammation to exist in some organ in the upper half of the body, in the bosom or lungs.

In whichever organ it be, in that organ the force of oxygen is predominant over the vital force, and the equilibrium of the two forces is thus destroyed.

Now by plunging the lower half of the body into cold water, and keeping it there until the resistance offered by the vital force to the force of oxygen, becomes still weaker than it is in the diseased part, the oxygen leaves those parts, in order to attack those other parts in which it meets the least resistance. And thus, in the diseased parts, the equilibrium between the two forces is restored, which constitutes the state of health.

Wherever the water is applied, great redness is produced, which proves beyond question that there is a great determination of blood to that part, which must have been brought from the other parts of the body, from the diseased parts, amongst others. And thus by the judicious use of cold water alone, all the good effects of blistering and bleeding are most readily and certainly produced, without any of the bad effects. We know perfectly well, says Dr. Johnson, that it often happens that a patient is saved by bleeding, from dying of an inflammation, only that he may die of a dropsy. We all know, perfectly well, that a patient is often saved by bleeding, from dying of hemorrhage from the lungs, only that he may die the sooner of consumption."

Again, the same author says, "The diseases, over which the Water Cure is said to possess the most rapid and striking influence, are acute diseases. Fevers, Febrile diseases, Inflammations, &c., &c., such of them, of course, as are curable by any means, are said to be removed with a certainty and rapidity which is little less than magical. A fever which under ordinary treatment, (that is by medicine) would confine the patient to his bed for six weeks or two months, is frequently overcome in two or three days, and the patient is thus restored to health

before there has been time for the approach of that extreme weakness and emaciation so constantly the result of a long illness, even after the disease itself has been vanquished. In all curable acute diseases, therefore, the Water Cure is peculiarly and especially available."

If the reader has perused the above evidence, and will compare it with the evidence of Renton and White, he will at once see the very limited knowledge that these medical gentlemen possess of the human frame, when contrasted with the knowledge of the very best physicians in this country. In examining Mr. Renton's evidence you will see how he contradicts himself and the other surgeons. They all agree that the eruption was out on the body at dissection; yet he says that the treatment would drive it in, and driving it in might cause congestion of the brain, which might cause death. Now this is a flat contradiction of all the evidence given on the case, either by the witnesses or the doctors, as the reader will see.

Any jury but a prejudiced one, would have seen at once that these two medical men wanted a case made out against me. In fact, they wanted to put this treatment down that was affecting their interests, and bringing their system of physic into disrepute.

Well, they got their end so far accomplished, as to bring it in manslaughter. I was, consequently, committed for trial. But when the case came before the grand jury at Durham, they dismissed it as unworthy of their notice, saying, that it was a shame to bring such a case before a court.

The following poem was made by an eye-witness of all the proceedings. It will show the reader all the particulars of the case.

TRIUMPH OF WATER OVER PHYSIC.

PHYSIC.

And who are you with barren face,
Bold upstart in this country place,
With all your boasted, vain pretence,
But destitute of common sense—
Who think yourself possessed of skill,
Without one bolus or a pill,
Or mixtures—powders—or a blister,
Nay, not so much as e'en a plaister,
To cure disease of every name
By dint of virtue which you claim ?

WATER.

Sir, I'm known thro' the length and the breadth of the
In no country or clime I'm unknown. [earth.
And as to my origin, fountain, or birth,
I am older than you, you must own.
Long, long have I traversed the wide world around,
Giving beauty and health to creation ;
To the thirsty and faint a true friend I've been found,
Irrespective of age, class, or nation.
I in fountains and rivers unceasingly flow,
Rolling on to the wide open sea,
And from thence to the clouds I ascend to and fro,
And all nature's replenished by me.

P.—And who denies what you have said ?
The statement's true which you have made.
You serve in many a humble deed,
And I of you have often need.
We've often found a friend in you,
I must say that, to give you due.
But then—the point I'm aiming at
Is something different quite from that ;
You lift your front and boldly tell
The sick that you can make them well,
No matter what their sickness be,
And all without the aid of me.

W.—Decidedly so, and I'll tell it again,
 And I wish the wide world for to hear,
 That in me is the power to alleviate pain,
 Though to you this may foolish appear :
 But facts will declare it with undaunted face,
 And give proof to the same if you please :
 I can numbers produce in this country place
 Who in me have found comfort and ease.
 And moreover than that, when your skill you did try
 Your suffering patients to save,
 Some of those you relinquished, as hopeless, to die,
 And go down to the dark silent grave :
 But I with my health-giving virtue came by,
 When you could no remedy give,
 And snatched from the grave who were ready to die,
 I CAN POINT OUT TO YOU WHERE THEY
 TWO DOCTORS MEET. [LIVE.

W.—Good morning, friend, how do you do ?

R.—I'm pretty well ; and how are you ?

W.—I'm well in health, but busy kept ;
 In fact I scarcely can get slept.
 The fever's raging every where,
 I've cases many here and there,
 And after all that I have tried
 There's numbers of my patients died.

R.—The case stands just the same with me :
 In fact, so far as I can see,
 We're not alone in this respect,
 Nor are we blamed for our neglect,
 This fever is of such a nature
 It puzzles men of talents greater.

W.—But you have heard, I make no doubt,
 Of this fanatic hereabout,
 Who in all cases of disease
 Pretends to give the sufferers ease :
 And all the means to save the dying
Water is all the fool's applying,
 While some he wraps from head to feet
 Within a cold wet linen sheet,
 Plunges, or bathes as he may think,
 And gives them water for to drink.

R.—But have there any ever tried
This drowning plan that have not died?

W.—Numbers have done so, I am told:
Nay, this fanatic is so bold,
He's gone where we've had patients lying,
Tho' some of them we said were dying,
And told them that he could insure
To save them by the WATER CURE.
And so by chance there's some get well,
The water's cured them he will tell.

R.—But hold, I'll tell you of a plot,
In fact, the only one we've got,
We'll watch him close, and if in case
That any die about this place,
Who have by water thus been drill'd,
We'll both agree the patient's kill'd,
The only way to stop his course,—
Better is stratagem than force.

W.—That's right, and so we'll end the matter,
We'll physic still, in spite of water;
So for the present we must part;
May great success attend our art.

Meet again.

R.—Now, Sir, I'm glad to meet you here,
The plan to take I see quite clear:
For since we met the other day,
A friend of mine came in to say,
That one of Clarkson's patients died,
So now's the time to have him tried;
And now without an hour's delay,
We'll have a jury call'd to day,
Composed of FRIENDS with JUDGMENT clear,
To make the DARKNESS light APPEAR.

W.—But how shall evidence be brought?
Or how decided as it ought?
Since we've not seen the means he tried,
To save the child before he died?
And now he's buried out of sight
We cannot bring the deed to light.

R.—We'll have the corpse dug up again,
Tho' it may tender feelings pain;

For in dissection we are skill'd,
No doubt we'll prove the child's been kill'd ;
But *right*, or *wrong*, we need not fear
To make the case a *slaughter* clear ;
For since we're licensed, I've no doubt
The laws will surely back us out.

JURY MET.

So then the jury all were met,
And witnesses in order set,
Who each in turn as they had been
Were call'd to state what they had seen.
But when their stories all were heard,
They only show'd the great regard
That Clarkson had to save the child,
And that these means so purely mild
Had numbers cured, when *physic* failed
To check the fevers which prevailed.
So now to bring it to the test,
The doctors say, they know the best ;
When they have searched inside and out,
The child, they say, without a doubt,
Has met its death, there's nought so plain,
By the congestion of the brain ;
And tho' the rash was on the skin,
The cold wet sheets would drive it in.
Tho' we have never tried the same,
Yet still this argument we claim.
Then Doctor Larkin next arose,
And as we find, 'his statement goes
To show the ills were so combin'd,
That death to none could be assign'd ;
But that the complicated ill,
Was quite enough the child to kill.
But nay, this statement was not heard,
For they to it paid no regard ;
For arguments would not avail,
The culprit must be sent to jail.
So then the trial, two days long,
To prove that innocence is wrong,

Was brought at length to such a close,
As gives the credit to his foes.

Then off to jail he's quickly sent,
To make the sinner thus repent,
Or wait his trial, which may be
To send him far beyond the sea.

And now the Doctors blithely meet,
They smile to think of his defeat,
For he'll attempt no more, they're sure,
To practise with the *Water Cure*.

But now the final hour is near
That calls him forth again to appear ;
Though not before a partial few,
But those who give the case its due.
They view the charge with open eyes,
And with astonishing surprise ;
They look upon it with disgust,
A charge so *awful*, but unjust—
And as no bill is found—we see
That Clarkson is at once set free.

Clarkson.—So now what avails all the malice and rage
Of those who were bent on my fall ?
It will but the minds of the people engage,
And give light on the subject to all.
Tho' no doubt they intended to stop in its course
This health-giving system so pure ;
And assert thus their right, and their power enforce,
Not to kill, (so they say) but to cure.
And thus to go on unmolested and free,
With the health of the people in keeping,
But to keep their eyes close not allowing to see,
While *alas ! the bereaved ones are weeping*.

But nay ; while the clouds continue to rain,
And water is sent us in showers,
We'll apply it in sickness *again* and *again*,
And make known all its wonderful powers.

